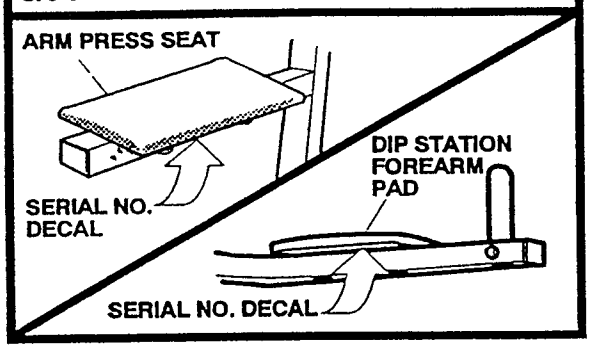
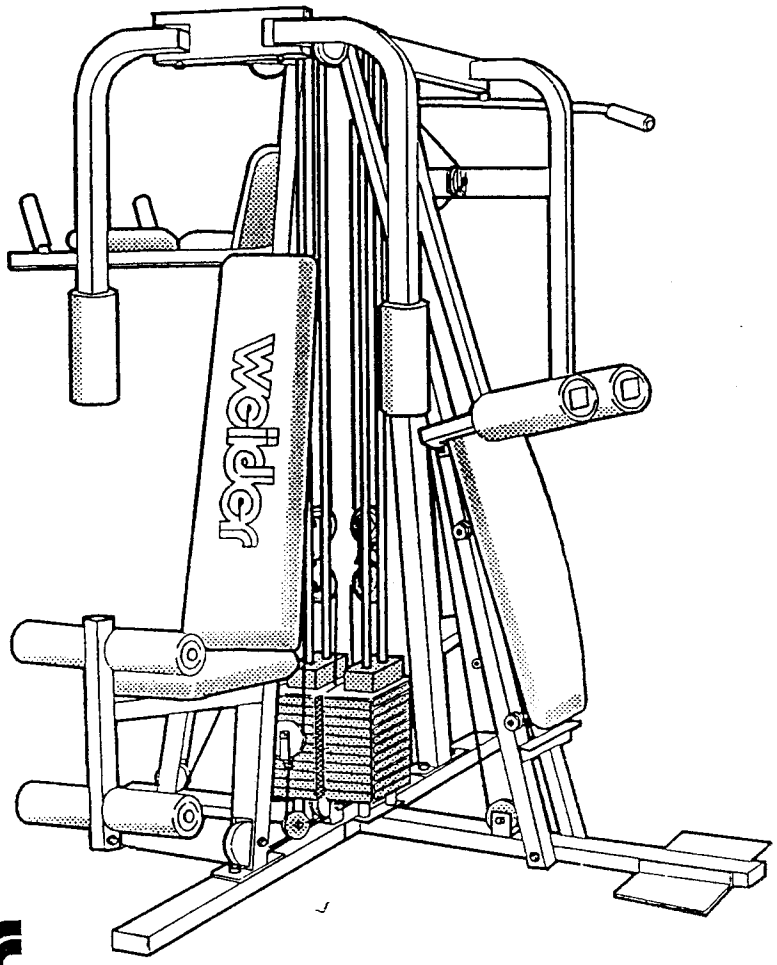
BODYBLASTER
FORCE 4 HOME GYM

MODEL NO. 90102
SERIAL NO.
Write serial number in the space above for reference.





WAIT, READ THIS FIRST!

If you find this unit to have missing or defective parts please have ready the following information listed below before calling the 800 NUMBER.

The ASSEMBLY MANUAL
MODEL NUMBER of this UNIT
PART NAME or DESCRIPTION
ORDERING NUMBER
THE QUANTITY of each part that you need.

THE MODEL NUMBER of this unit can be found in the UPPER LEFT-HAND or RIGHT-HAND CORNER of this page. The MODEL NUMBER is a series of FOUR or FIVE NUMBERS, or a NUMBER preceeded by TWO LETTERS.

THE PART NAME or DESCRIPTION and the ORDERING NUMBER can be found on the PARTS LIST PAGE.

weider

OWNER'S MANUAL

MADE IN CANADA

WEIDER is committed to providing you complete customer satisfaction. If you have any questions concerning the assembly of this product or find damaged or missing parts, we guarantee you direct assistance. AVOID THE HASSLE OF CONTACTING THE STORE FOR PARTS OR RETURNING THE PRODUCT. Call our "CUSTOMER ASSISTANCE LINE" for assistance with parts and information by calling our toll free number 1-800-225-0653, Mon. - Fri., 8 am - 5 pm CST.

IMPORTANT: Read all safety precautions and instructions in this manual carefully before using this equipment. Save this manual for future reference.

PRINTED IN CANADA

WEIDER SPORTING GOODS INC.
21100 Erwin Street, Woodland Hills, CA. 91367 USA

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IMPORTANT SAFETY PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the important safety precautions before using this equipment.

1. Read all instructions in this manual before using this equipment.

2. Use this equipment only as described in this Owner's Guide.

3. Inspect and tighten all parts each time this equipment is used. Replace any worn parts immediately.

4. Keep hands away from moving parts other than the designated handles.

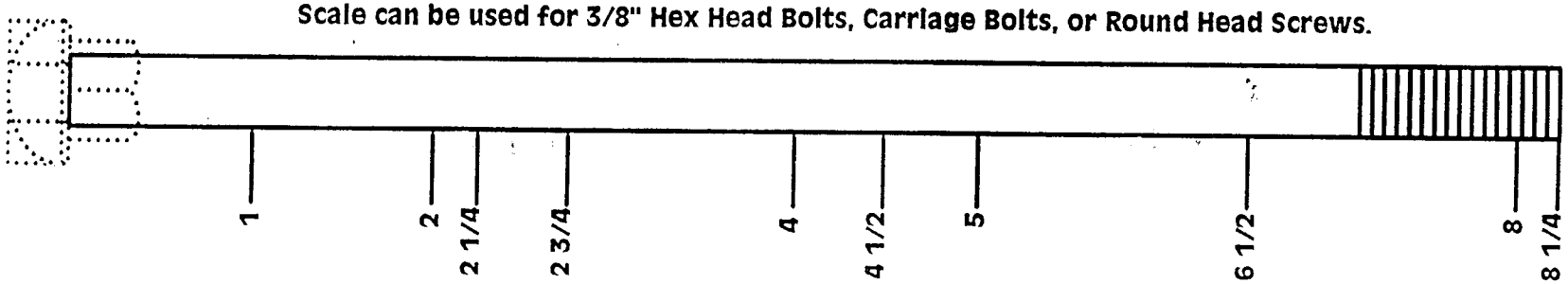
5. Keep small children away from this equipment during use.

WARNING: Before beginning this or any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Weider assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

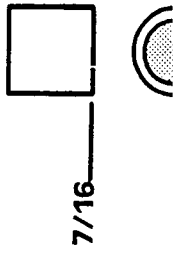
SAVE THESE INSTRUCTIONS

90102 HARDWARE SCALING SHEET

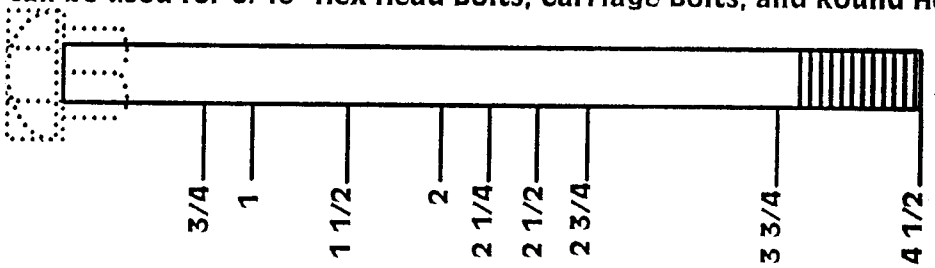
Scale can be used for 3/8" Hex Head Bolts, Carriage Bolts, or Round Head Screws.



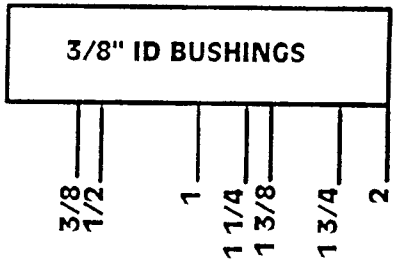
5/16" ID BUSHI



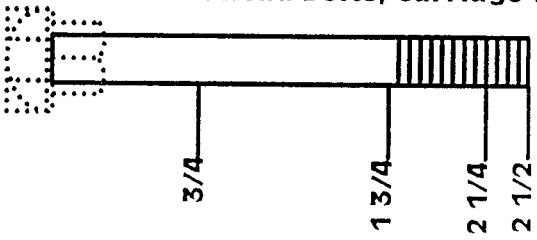
Scale can be used for 5/16" Hex Head Bolts, Carriage Bolts, and Round Head Screws

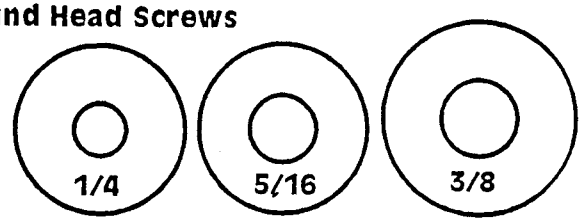


3/8" ID BUSHINGS

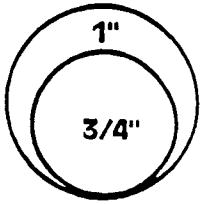


Scale can be used for 1/4" Hex Head Bolts, Carriage Bolts, and Round Head Screws

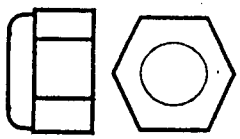




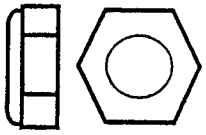
FLAT WASHERS



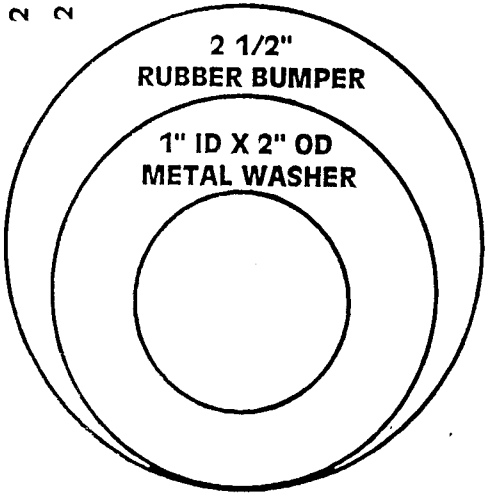
ROUND PLASTIC CA

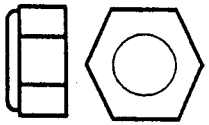


3/8 NYLON LOCK NUT

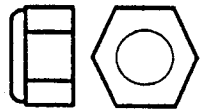


3/8 THIN WALL LOCK NUT

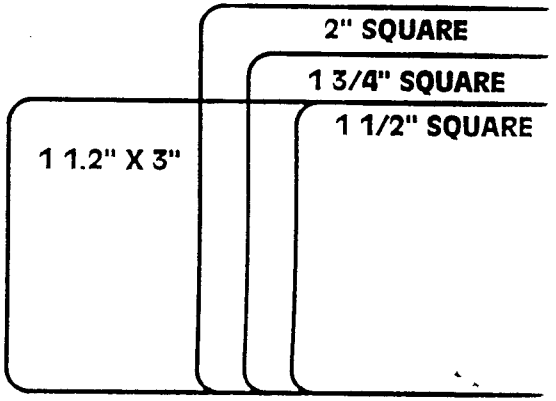




5/16 NYLON LOCK NUT



1/4 NYLON LOCK NUT



SQUARE PLASTIC CAPS

90102 PART LIST

DIAGRAM NO.	PART NAME	QTY	ORDERING NO
1	BASE TUBE	1	C4121-F55*F55
2	PEC-DECK UPRIGHT	1	C1248-F55*F55
3	ARM PRESS UPRIGHT	1	C1249-F55*F55
4	DIP STATION BASE	1	C4122-F55*F55
5	HACK SQUAT BASE	1	C4123-F55*F55
6	GUIDE ROD - CHROME	2	C6840-F55*F55
7	10 LB. WEIGHT PLATE	22	BB-0326*F55
8	20 LB. WEIGHT PLATE	2	BB-0327*F55
9	WEIGHT SELECTOR TUBE	2	C7300-F55*F55
10	HACK SQUAT RAIL	2	C4124-F55*F55
11	HACK SQUAT ARM	2	C4125-F55*F55
12	DIP STATION UPRIGHT	1	C1250-F55*F55
13	FOAM ROLLER - 3 1/4" X 9 1/4" X 1 1/2" I.D.	2	C0473-F55*F55
14	HACK SLIDE LIMITER PLATE	1	C6987-F55*F55
15	TOP MAST CONNECTOR BRACKET	2	C7700-F55*F55
16	PEC-DECK HEADER BEAM	1	C4127-F55*F55
17	PEC-DECK ARM - RIGHT	1	C4128-F55*F55
18	PEC-DECK ARM - LEFT	1	C4129-F55*F55
19	FOAM ROLLER - 4 1/2" X 9 1/2" X 2" I.D.	2	C0474-F55*F55
21	LEG EXTENSION TUBE	1	C4130-F55*F55
22	LEG EXTENSION ADJUSTER CHAIN	1	WW-7072*F55
23	PAD BAR - 3/4" X 15 1/2"	2	C6316-E01*F55
24	FOAM ROLLER - 3 1/4" X 7" X 3/4" I.D.	4	C0443-E02*F55
25	PIVOT TUBE - 1" O.D. X 16" LONG	1	C7301-F55*F55
26	ARM PRESS ARM	2	C4131-F55*F55
27	ARM PRESS CROSS TUBE	1	C4134-F55*F55
28	CABLE - LAT - 174 1/2"	1	C6649-F55*F55
29	CABLE - PEC-DECK WEIGHT STACK - 90"	1	C6650-F55*F55
30	CABLE - LEG EXTENSION - 100"	1	C6651-F55*F55
31	CABLE - PEC-DECK ARM - 132"	1	C6652-F55*F55
32	CABLE - LONG BENCH PRESS - 217"	1	C6653-F55*F55
33	PEC-DECK SEAT FRAME BRACE	1	C7701-F55*F55
34	LINKING BAR	1	C6273-F55*F55
35	DIP STATION BACK PAD	1	C1394-F55*F55
36	DIP STATION FOREARM PAD	2	C1395-F55*F55
37	DIP HANDLE	2	C7302-F55*F55
38	FOAM GRIP 1 1/4" X 5" X 1" I.D.	6	C0417-B05*F55
39	SEAT MOUNTING BRACKET	6	C6779-F29*F55
40	HACK SQUAT BACKREST	1	C1397-F55*F55

90102 PART LIST

DIAGRAM NO.	PART NAME	QTY	ORDERING NO
41	SMALL SEAT - ARM PRESS	1	C1398-F55*F55
42	BACKREST - ARMS PRESS - PEC-DECK	2	C1399-F55*F55
43	HACK SQUAT FRAME	1	C4126-F55*F55
44	LARGE SEAT - PEC-DECK	1	C1400-F55*F55
46	DIPPING ARM - RIGHT	1	C4133-F55*F55
47	DIPPING ARM - LEFT	1	C4134-F55*F55
49	GUIDE BRACKET	2	C7702-F55*F55
50	"L" BRACKET	2	C7703-F55*F55
51	DUAL PULLEY CONNECTOR BRACKET	4	C7704-F55*F55
52	OFFSET BEND PULLEY BRACKET	2	C7705-F55*F55
53	PULLEY PIVOT BRACKET	2	C7706-F55*F55
54	"L" CABLE TRAP BRACKET	2	C7707-F55*F55
55	SQUAT STATION TOP PULLEY BRACKET	1	C7708-F55*F55
56	BACKREST MOUNTING "L" BRACKET	8	C7709-F55*F55
58	METAL ADJUSTER FERRULE	1	HH-5493*f55
59	3/8" SPRING CLIP	4	WW-7043*F55
60	3" GUIDE WHEEL	4	AA-8235*F55
61	PULLEY - 4 1/2"	3	AA-8122*F55
62	PULLEY - 3 1/2"	17	AA-8133*F55
63	1/4" X 3 1/2" CARRIAGE BOLT	2	HH-5417*F55
65	1/4" X 2 1/2" CARRIAGE BOLT	4	HH-5333*F55
66	1/4" FLAT WASHER	12	HH-5048*F55
67	1/4" NYLON LOCK NUT	11	HH-5011*F55
68	1/4" X 1 3/4" ROUND HEAD SCREW	4	HH-5255*F55
69	5/16" X 1 3/4" ALL THREAD HEX HEAD BOLT	2	HH-5495*F55
70	5/16" X 1 3/4" HEX HEAD BOLT	3	HH-5301*F55
71	5/16" FLAT WASHER	13	HH-5127*F55
72	5/16" NYLON LOCK NUT	31	HH-5012*F55
73	5/16" X 3 3/4" HEX HEAD BOLT	2	HH-5418*F55
74	5/16" X 2 1/4" HEX HEAD BOLT	4	HH-5199*F55
75	5/16" X 3/4" HEX HEAD BOLT	3	HH-5245*F55
76	5/16" X 2 3/4" HEX HEAD BOLT	11	HH-5058*F55
77	5/16" X 1" HEX HEAD BOLT	1	HH-5332*F55
78	5/16" X 2 1/2" HEX HEAD BOLT	1	HH-5053*F55
79	5/16" X 4 1/2" HEX HEAD BOLT	1	HH-5316*F55
80	3/8" FLAT WASHER	31	HH-5265*F55
81	3/8" NYLON LOCK NUT	36	HH-5088*F55
82	3/8" X 1 3/4" HEX HEAD BOLT	11	HH-5308*F55
83	3/8" X 2 1/4" HEX HEAD BOLT	6	HH-5061*F55

90102 PART LIST

DIAGRAM NO.	PART NAME	QTY	ORDERING NO
85	3/8" X 10" HEX HEAD BOLT	1	HH-5483*F55
86	3/8" X 8" HEX HEAD BOLT	2	HH-5484*F55
87	3/8" THIN WALL LOCK NUT	3	HH-5356*F55
88	3/8" X 6 1/2" HEX HEAD BOLT	1	HH-5438*F55
89	3/8" X 4 1/2" HEX HEAD BOLT	2	HH-5363*F55
91	3/8" X 4" HEX HEAD BOLT	1	HH-5201*F55
92	3/8" X 2 3/4" HEX HEAD BOLT	6	HH-5238*F55
93	3/8" X 2" HEX HEAD BOLT	2	HH-5244*F55
94	3/8" X 5" HEX HEAD BOLT	1	HH-5369*F55
95	3/8" X 1" HEX HEAD BOLT	1	HH-5262*F55
96	3/8" X 3" HEX HEAD BOLT	3	HH-5059*F55
97	1/4" X 3/4" ROUND HEAD SCREW	20	HH-5022*F55
98	1/4" X 2 1/2" ROUND HEAD SCREW	2	HH-5044*F55
99	1/4" X 2 1/4" ROUND HEAD SCREW	5	HH-5288*F55
100	1 1/2" X 3" PLASTIC INSERT CAP	6	AA-8130*F55
101	1 1/2" SQUARE PLASTIC INSERT CAP	4	AA-8001*F55
102	2" SQUARE PLASTIC INSERT CAP	8	AA-8002*F55
103	1 3/4" SQUARE PLASTIC INSERT CAP	1	AA-8006*F55
104	3/4" ROUND PLASTIC INSERT CAP	4	AA-8004*F55
105	1" ROUND PLASTIC INSERT CAP	8	AA-8005*F55
106	1 3/4" SQUARE PLASTIC INSERT CAP	2	AA-8006*F55
107	5/16" X 2" HEX HEAD BOLT	6	HH-5054*F55
108	3/8" X 8 1/4" HEX HEAD BOLT	1	HH-5497*F55
109	5/16" X 1 1/2" HEX HEAD BOLT	X 2	HH-5312*F55
111	LAT BAR	1	C6831-F32*F55
112	LATCH HOOK	1	WW-7042*F55
113	ACCESSORY ROPE	1	C6602-D23*F55
114	ANKLE STRAP/DUMBBELL HANDLE	1	EE-0075*F55
115	1" I.D. X 2" O.D. METAL WASHER	8	HH-5494*F55
116	1 1/4" O.D. X 2 3/4" LONG METAL SPACER	4	HH-5485*F55
117	3/8" I.D. X 1 3/4" LONG METAL SPACER	2	HH-5486*F55
118	3/8" I.D. X 2" LONG METAL SPACER	2	HH-5487*F55
119	3/8" I.D. X 1 3/8" LONG METAL SPACER	2	HH-5264*F55
120	3/8" I.D. X 1/2" LONG METAL SPACER	8	HH-5346*F55
122	3/8" I.D. X 1 1/4" LONG METAL SPACER	2	HH-5490*F55
123	3/8" I.D. X 1" LONG METAL SPACER	2	HH-5491*F55
124	5/16" I.D. X 7/16" LONG METAL SPACER	2	HH-5496*F55
125	2 1/2" O.D. ROUND RUBBER BUMPER	4	AA-8124*F55
126	PLASTIC GUIDE BUSHING	48	AA-8216*F55

90102 PART LIST

DIAGRAM NO.	PART NAME	QTY	ORDERING NO
127	WEIGHT SELECTOR TUBE END PLUG	2	AA-8123*F55
128	1" O.D. X 1" LONG BLACK PLASTIC BUSHING	2	AA-8234*F55
129	2" SQUARE PIVOT BUSHING	2	AA-8236*F55
130	WEIGHT SELECTOR PIN	2	WW-7013*F55
131	3/8" X 2 1/2" LONG "L" PIN	3	WW-7073*F55
132	3/8" I.D. X 3/8" LONG METAL SPACER	1	HH-5455*F55
140	TOP MAST BODY BLASTER DECAL	1 SET	DE-4321*F55
141	ARM PRESS 300 LBS. TWIN STACK DECAL	1	DE-4321*F55
142	WEIGHT STACK DECAL	1	DE-4321*F55
	ASSEMBLY MANUAL	1	CNN-1224*F55
	TRAINING MANUAL	1	CNN-1225*F55
	HARDWARE BAG - (3 1/2" PULLEYS)	2	C5768-F55*F55
	HARDWARE BAG - (3 1/2" & 4 1/2" PULLEYS)	1	C5769-F55*F55
	HARDWARE BAG - (48 PLASTIC GUIDE BUSHINGS)	1	C5770-F55*F55
	HARDWARE BAG - (DUMBBELL KIT)	1	C5771-F55*F55
	HARDWARE BAG - (BOLTS & NUTS)	1	C5772-F55*F55
	HARDWARE BAG - (PLASTICS)	1	C5773-F55*F55

ORDERING PARTS

Weider is dedicated to insure that each product is manufactured to the highest standards and that this product reaches the customer in the best possible condition. In the event that you find any problem in workmanship or missing parts please call our toll free product service number: 1-800-225-0653.

Weider provides replacement parts at no charge to the customer for one year if it is determined that the part was defective from the manufacturer or if any part is missing from the original, un-opened carton.

If it becomes necessary to order replacement parts the following action and information is required:

1. Your Owner's I.D. card must be returned to us to verify the product you have purchased, your name, address, and the date of your purchase. No charge replacement parts will not be sent without this information on file with our Parts Department.

2. Parts may be ordered using the parts order card which is included with this product or by calling our product service number: 1-800-225-0653.

3. Before ordering parts by phone have ready the following information to expedite your order:

a. Name of the product (BODY BLASTER)

b. Model number of product (90102)

c. Serial number of the product located on a decal on the frame

(See drawing on front cover for the location of this decal.)

d. Ordering number of part (See Parts List page.)

e. Description of the part from the Parts List page

f. Country of manufacturer (See cover.)

The same information is required when placing your order by mail.

If you need parts or assistance do not return this product to the store, simply contact Weider Customer Assistance at 1-800-225-0653 Monday - Friday 8 a.m. - 5 p.m. CST.

All parts and service inquiries should be directed to:

Weider Sporting Goods

Parts Service Department

900 West St. John Street

Olney, Illinois 62450

DUE TO THE SIZE AND WEIGHT OF THIS UNIT, IT IS HIGHLY RECOMMENDED THAT THE UNIT BE ASSEMBLED IN THE LOCATION WHERE IT WILL BE USED.

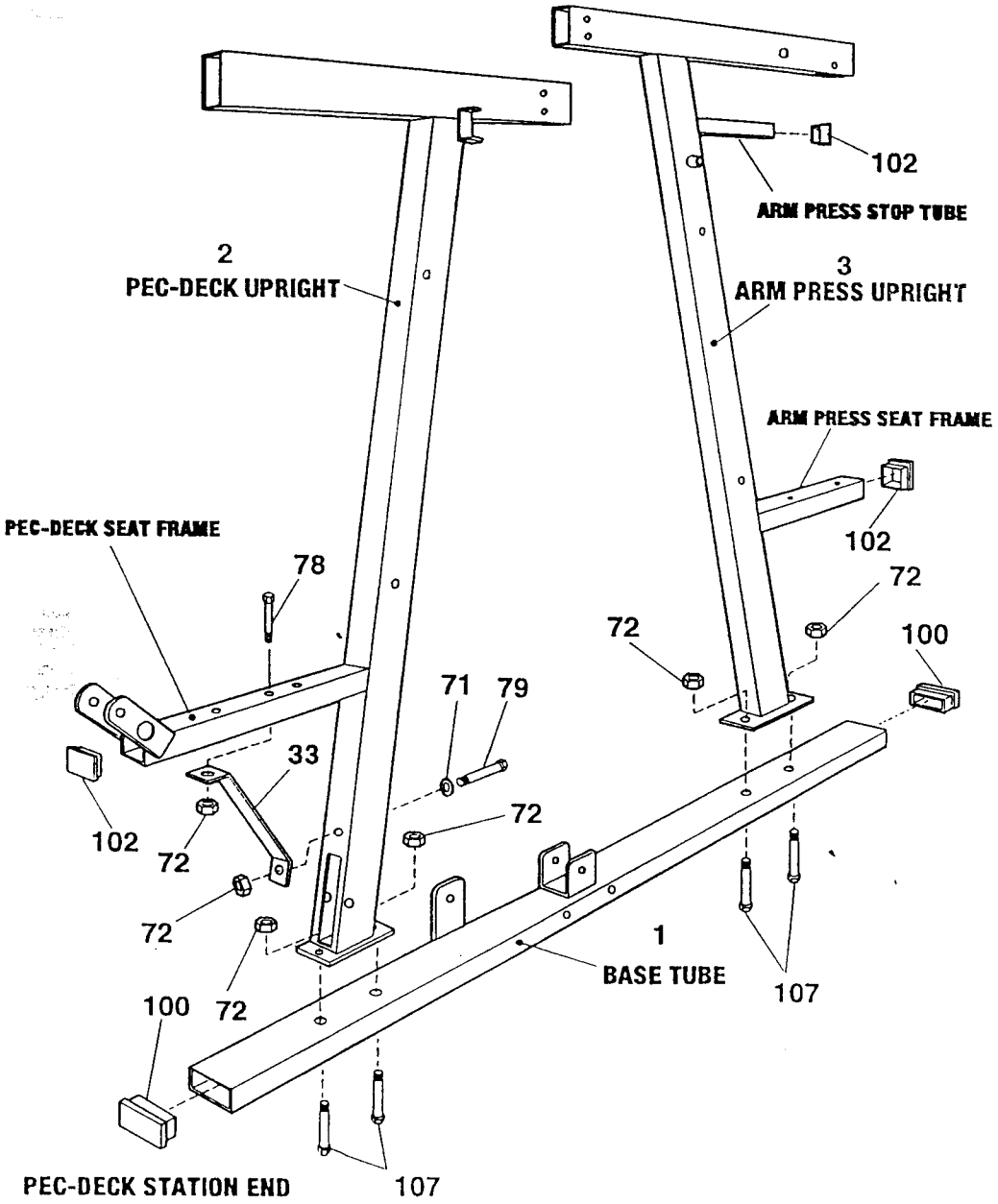
IT IS ALSO HIGHLY RECOMMENDED THAT THE USE OF A HELPER BE OBTAINED TO STEADY THE UNIT DURING ASSEMBLY.

STEP 1 BASE TUBE, ARM PRESS, & PEC-DECK UPRIGHT ASSEMBLY

PART NAME	QTY
71 5/16" FLAT WASHER	1
72 5/16" NYLON LOCK NUT	6
78 5/16" X 2 1/2" HEX HEAD BOLT	1
79 5/16" X 4 1/2" HEX HEAD BOLT	1
100 1 1/2" X 3" PLASTIC INSERT CAP	2
102 2" SQUARE PLASTIC INSERT CAP	3
107 5/16" X 2" HEX HEAD BOLT	4

» NOTE: *As you lay out these parts, note that there is a flat plate welded to one side of the* BASE TUBE (1). *If you orient this Base Tube where you are looking at it from an end and the plate is on your left side, you will be viewing it from the Pec-Deck Station end.*

☐ *Start by laying out the* BASE TUBE (1), *the* PEC-DECK UPRIGHT (2), *and the* ARM PRESS UPRIGHT (3) *on their sides so you can make this assembly easier.*



☐ *With each Upright oriented to the correct end of the Base, bolt up through the Base and into the Uprights using* 5/16" X 2" HEX HEAD BOLTS (107) *and* 5/16" NYLON LOCK NUTS (72).

☐ *Attach the* PEC-DECK SEAT FRAME BRACE (33) *to the Seat tube welded on the* PEC-DECK UPRIGHT (2) *using a* 5/16" X 2 1/2" HEX HEAD BOLT (78) *to bolt down through the top of the Seat Frame and then through one end of the Brace. Secure with a* 5/16" NYLON LOCK NUT (72) *finger tight. Attach the other end of the* BRACE (33) *to the* PEC-DECK UPRIGHT (2) *by assembling a* 5/16" FLAT WASHER (71) *onto a* 5/16" X 4 1/2" HEX HEAD BOLT (79) *and bolting through the back of the Upright and then through the Brace. Fasten with a* 5/16" NYLON LOCK NUT (72). *Tighten both Brace Bolts.*

☐ *Cap the end of the Pec-Deck Seat Frame with a* 2" SQUARE PLASTIC INSERT CAP (102).

☐ *Cap the ends of the* BASE TUBE (1) *with* 1 1/2" X 3" PLASTIC INSERT CAPS (100).

☐ *Cap the end of the Arm Press Seat Frame with a* 2" SQUARE PLASTIC INSERT CAP (102).

☐ *Cap the end of the Arm Press Stop Tube with a* 2" SQUARE PLASTIC INSERT CAP (102).

☐ *When this step is completed, stand the assembly upright to proceed with the other steps. It is advisable that your helper hold this assembly until the completion of Step 2.*

STEP 2 COMPLETING BASE ASSEMBLY & TOP FRAME ASSEMBLY

	PART NAME	QTY
72	5/16" NYLON LOCK NUT	2
73	5/16" X 3 3/4" HEX HEAD BOLT	2
81	3/8" NYLON LOCK NUT	3
96	3/8" X 3" HEX HEAD BOLT	3
100	1 1/2" X 3" PLASTIC INSERT CAP	2

☐ *Select the* DIP STATION BASE (4) *and the* HACK SQUAT BASE (5) *and align them on with the mounting holes through the center of the* MAIN BASE TUBE (1).

» NOTE: *Still looking at the unit from the Pec-Deck Station, the Dip Base will be to the left and the Squat Base on the right.*

☐ *Assemble the Bases together using* 5/16" X 3 3/4" HEX HEAD BOLTS (73) *by bolting through the bracket of the* HACK SQUAT BASE (5) *and then through the* MAIN BASE TUBE (1) *and finally through the bracket of the* DIP STATION BASE (4). *Secure with* 5/16" NYLON LOCK NUTS (72).

☐ *Cap the ends of the* DIP STATION BASE (4) *and the* HACK SQUAT BASE (5) *with* 1 1/2" X 3" PLASTIC INSERT CAPS (100).

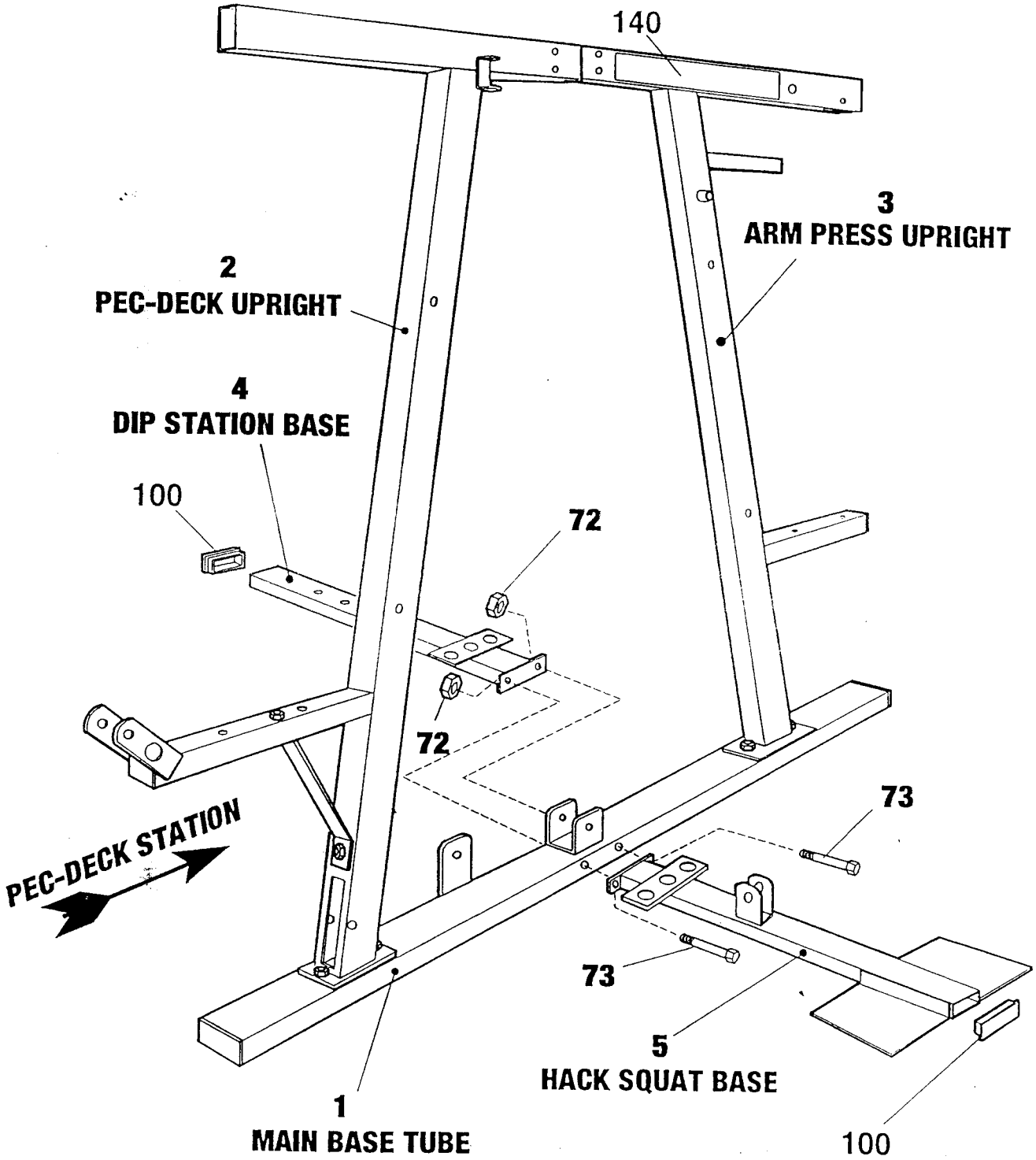
IMPORTANT: FOR THE NEXT ASSEMBLY, NOTE THE ALIGNMENT OF THE TOP MAST CONNECTOR BRACKETS (15) IN ILLUSTRATION "A" FOR EXACT ORIENTATION OF THE BRACKETS. ALSO YOU WILL NOTE THAT THERE ARE TWO SETS OF HOLES WITH DIFFERENT DIAMETERS IN THE MAST CONNECTOR BRACKETS (15). THE LARGE DIAMETER HOLES SHOULD BE ORIENTED TO THE BOTTOM.

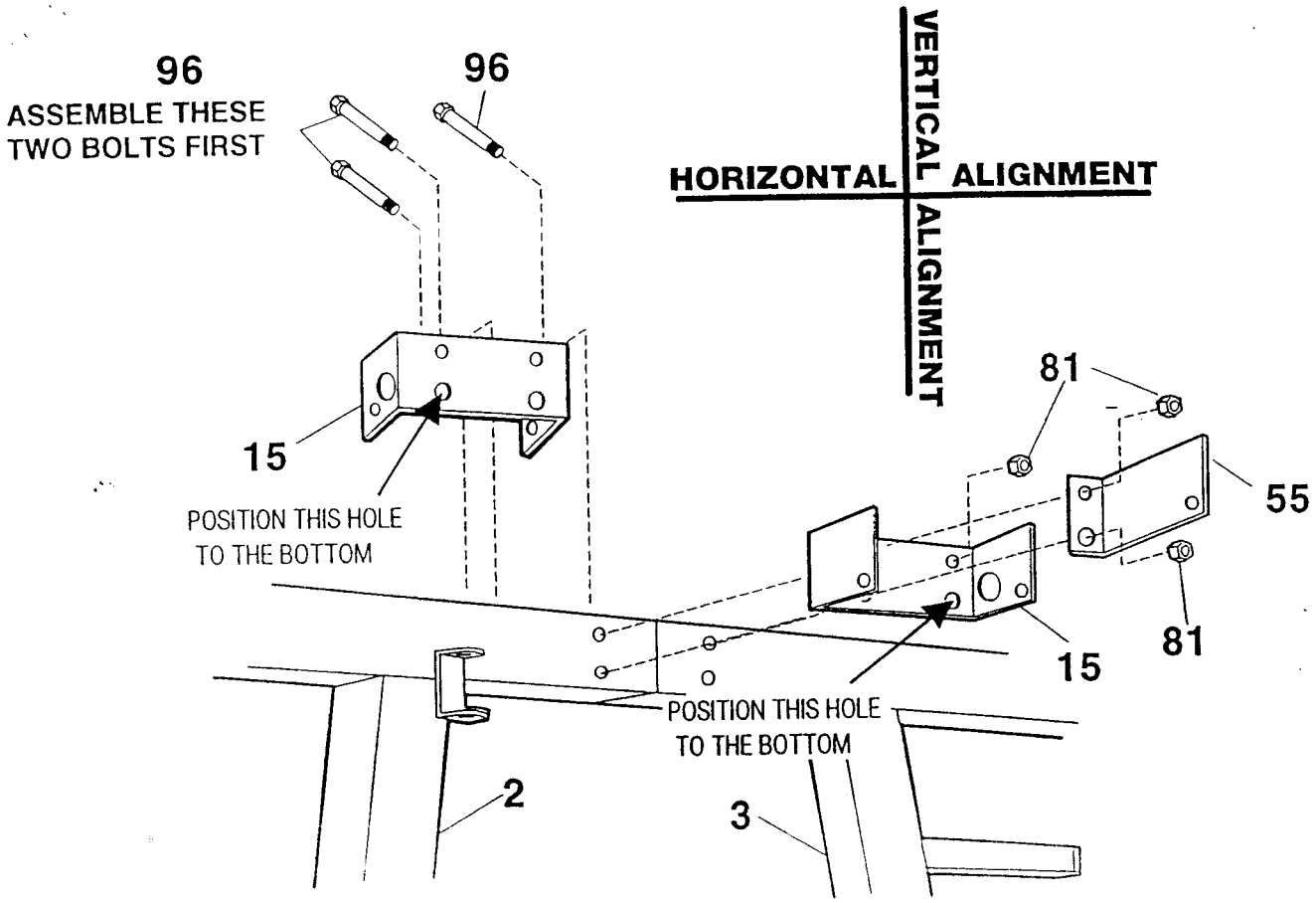
☐ *Join the Top Mast of the* PEC-DECK UPRIGHT (2) *and the* ARM PRESS UPRIGHT (3) *by first facing the unit from the Dip Station side and then inserting* 3/8" X 3" HEX HEAD BOLTS (96) *through the two vertically aligned holes on the right side of the* TOP MAST CONNECTOR BRACKET (15) *on the Dip Station side, then through the Top Frame, and then another* TOP MAST CONNECTOR BRACKET (15) *on the Squat Station side. To the bolt ends on the Squat Station side, assemble the* SQUAT STATION TOP PULLEY BRACKET (55). *(Note that there are two sizes of holes along the edge of the Squat Station Top Pulley Bracket. The large diameter hole must be oriented to the bottom.) Align the Squat Station Top Pulley Bracket with the longer flat side located in the center of the Top Mast Connector Bracket. Secure the bolts with* 3/8" NYLON LOCK NUTS (81). *Tighten this assembly only finger tight at this time.*

☐ *Assemble another* 3/8" X 3" HEX HEAD BOLT (96) *through the right side and* ONLY *the top hole of the* TOP MAST CONNECTOR BRACKET (15). *Bolt on through the* ARM PRESS UPRIGHT (3) *and then through the* TOP MAST CONNECTOR BRACKET (15) *on the other side of the Arm Press Upright. Fasten on a* 3/8" NYLON LOCK NUT (81) *and tighten only finger tight.*

» NOTE: *Check again to be sure that as you face the unit from the Dip Station side, this connection has only been bolted through the two Bolt holes on the right side of the Bracket and only the top hole on the right side of the Bracket.*

☐ *Remove the backing from the* **TOP MAST BODY BLASTER DECAL (140)** *and affix on the Top Mast of the* **ARM PRESS UPRIGHT (3).**





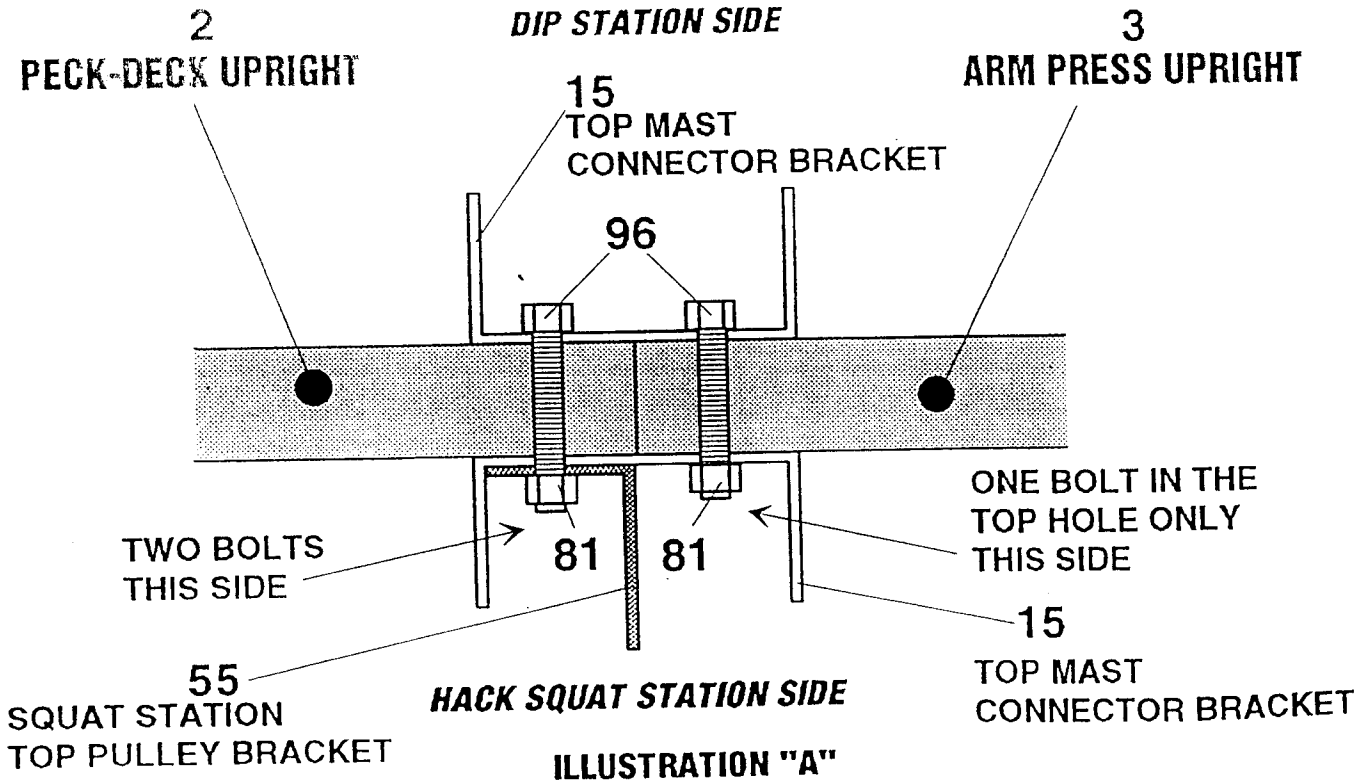


ILLUSTRATION "A"
TOP VIEW OF JOINING THE PEC-DECK UPRIGHT
AND ARM PRESS UPRIGHT

STEP 3 GUIDE RODS & WEIGHT STACK ASSEMBLY

PART NAME	QTY
115 1" I.D. X 2" O.D. METAL WASHER	8
116 1 1/4" O.D. X 2 3/4" LONG METAL SPACER	4
125 1" I.D. X 2 1/2" ROUND RUBBER BUMPER	4
126 PLASTIC GUIDE BUSHING	48
127 WEIGHT SELECTOR TUBE END PLUG	2
130 WEIGHT SELECTOR PIN	2

☐ *Begin by inserting a* CHROME GUIDE ROD (6) *into each welded Guide Rod Bracket located on the inside end of the* DIP STATION BASE (4) *and the* HACK SQUAT BASE (5). *Note the bolt holes at the end of the Guide Rod are to the top.*

☐ *Onto each* GUIDE ROD (6) *stack a* 1 1/4" O.D. X 2 3/4" LONG METAL SPACER (116), *a* 1" I.D. X 2" O.D. METAL WASHER (115), *a* 1" I.D. X 2 1/2" ROUND RUBBER BUMPER (125) *and another* 1" I.D. X 2" O.D. METAL WASHER (115).

☐ *There are* 22 - 10 LB. PLATES (7) *and* 2 - 20 LB. PLATES (8). *Into the top side of the* 10 LB. PLATES (7) *press a* PLASTIC GUIDE BUSHING (126) *at the outside hole positions. (Note that "Weider" is cast in the top side of the Plates.)*

☐ *Doing one Plate at a time, stack eleven,* 10 LB. PLATES (7) *onto the* GUIDE RODS (6) *at each station. Take note that the Plates must be stacked so that the opening for the* WEIGHT SELECTOR PIN (130) *is facing outward.*

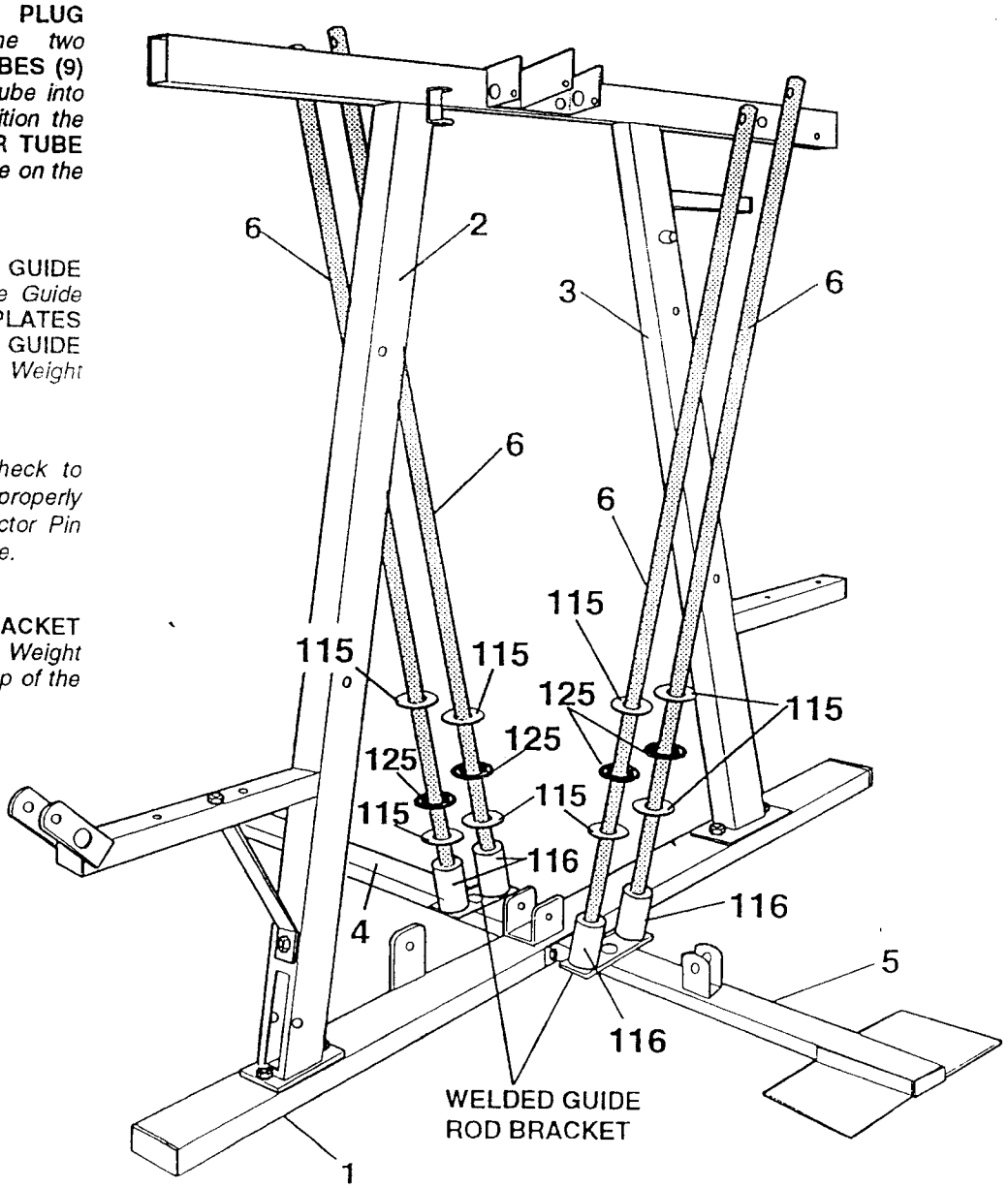
☐ *Next, insert a pointed* WEIGHT SELECTOR TUBE END PLUG (127) *into the end of the two* WEIGHT SELECTOR TUBES (9) *and insert the Selector Tube into each Weight stack. Position the roll pin in the* SELECTOR TUBE (9) *so it sits into the groove on the top of the Plate.*

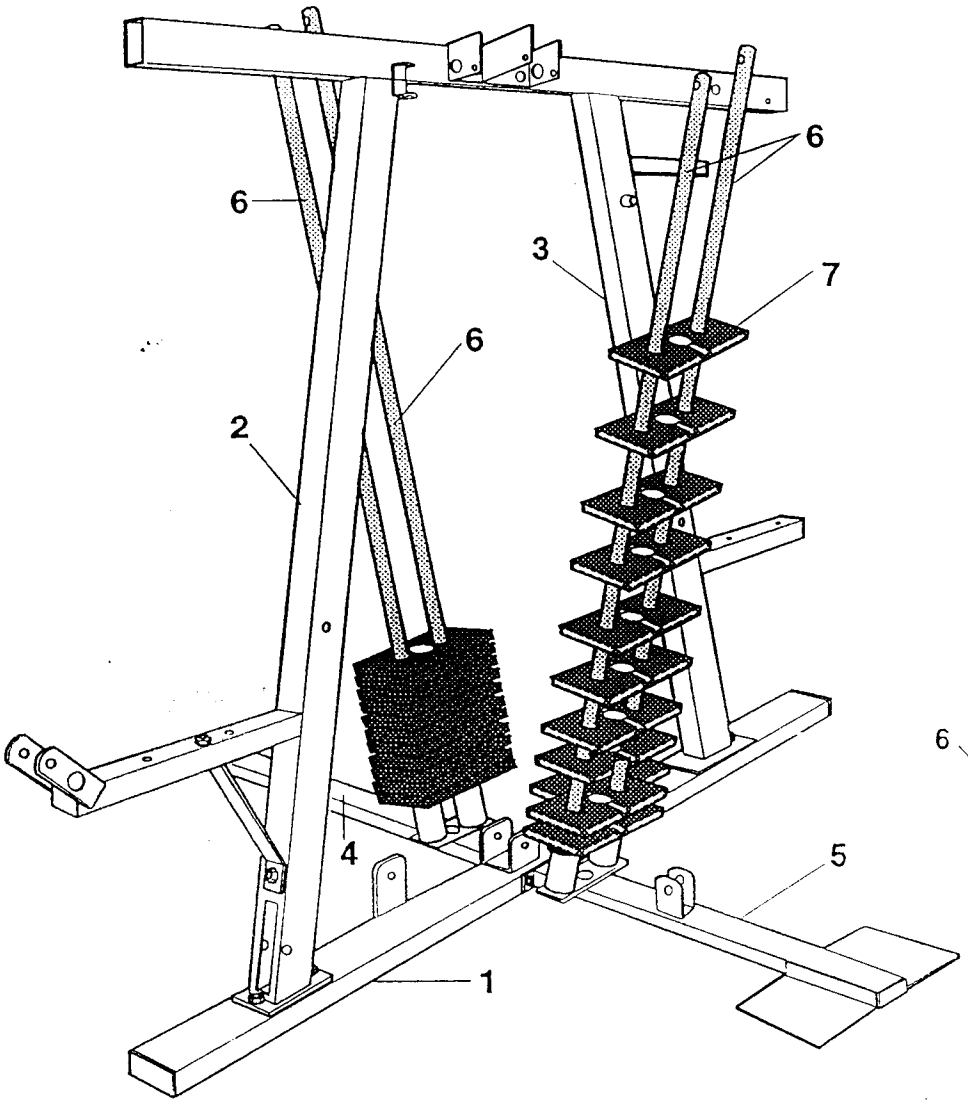
☐ *Press* PLASTIC GUIDE BUSHINGS (126) *into the Guide Rod holes in the* 20 LB. PLATES (8) *and fit them onto the* GUIDE RODS (6) *and atop the Weight Stack.*

» NOTE: *At this time, check to make sure all Plates are properly oriented so that the Selector Pin can be pinned at each Plate.*

☐ *Assemble the* GUIDE BRACKET (49) *onto the top of each Weight stack and fit around the top of the* SELECTOR TUBE (9).

☐ *Remove the* WEIGHT PLATE DECALS (142) *from the backing sheet and affix the Weight Decals beside the Selector Pin opening. Start with 20 affixed to the top plate and increasing to 130 on the bottom plate.*

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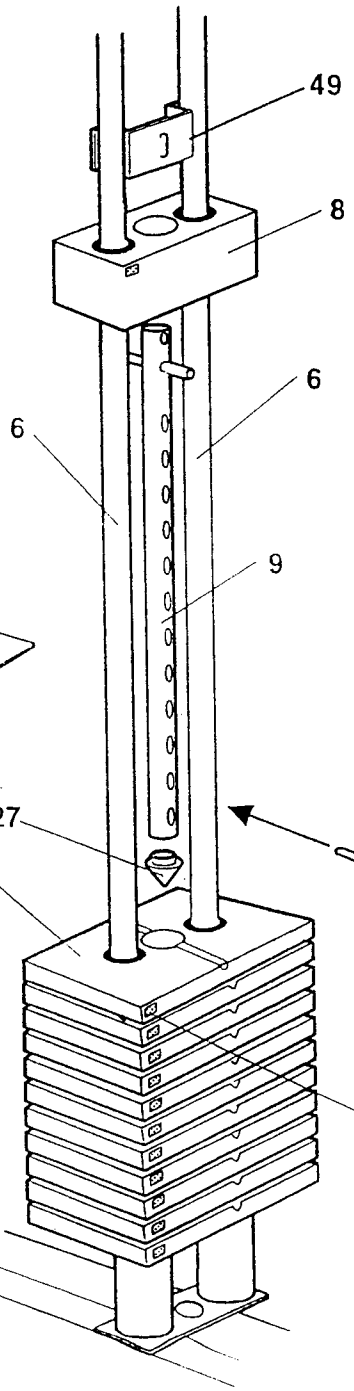
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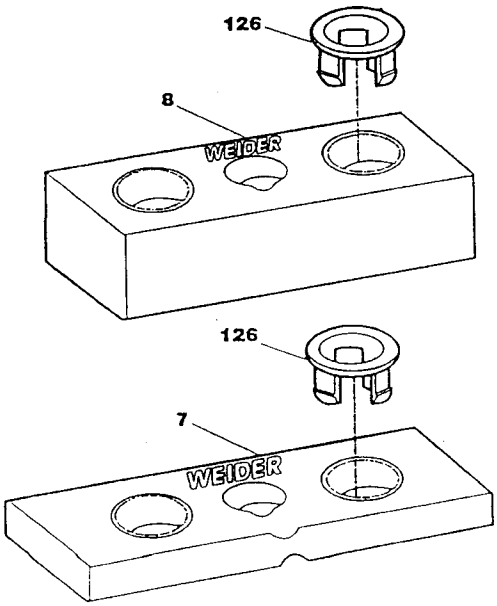
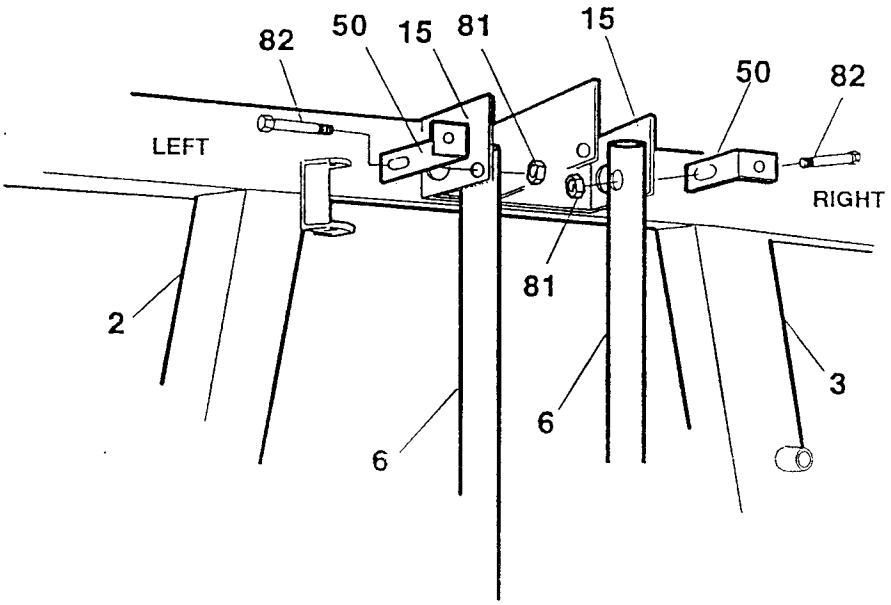

126
8
WEIDER
126
7
WEIDER

STEP 4 GUIDE ROD TO SQUAT STATION ASSEMBLY

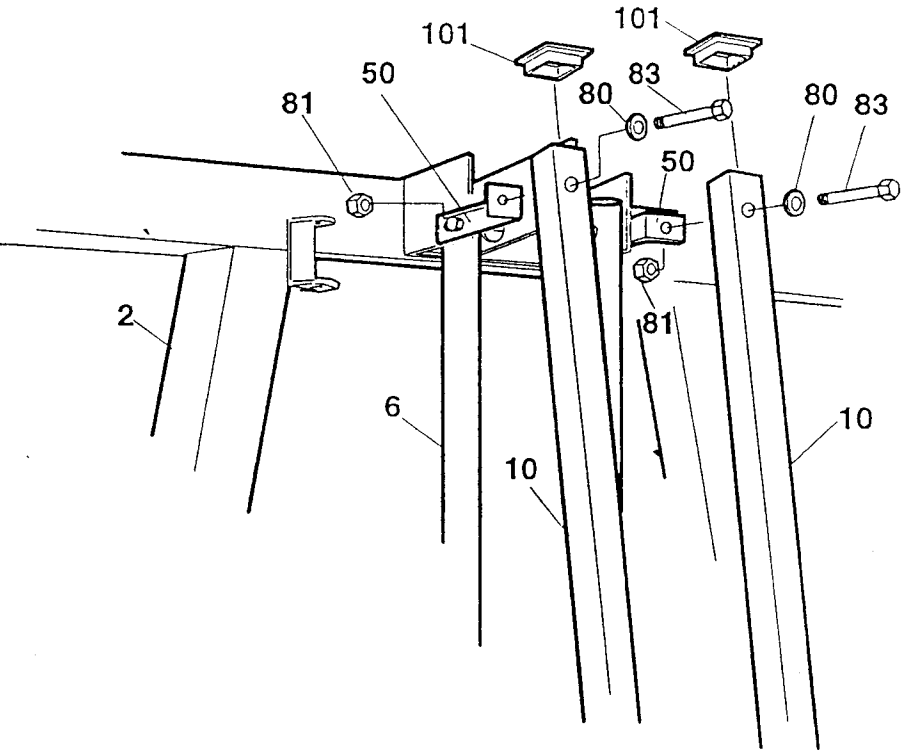
PART NAME	QTY
80 3/8" FLAT WASHER	6
81 3/8" NYLON LOCK NUT	4
82 3/8" X 1 3/4" HEX HEAD BOLT	2
83 3/8" X 2 1/4" HEX HEAD BOLT	2
85 3/8" X 10" HEX HEAD BOLT	1
87 3/8" THIN WALL LOCK NUT	1
101 1 1/2" SQUARE PLASTIC CAP	2
117 3/8" X 1 3/4" LONG METAL SPACER	2

☐ *Starting at the* HACK SQUAT STATION (5), *locate two* "L" BRACKETS (50). *(These Brackets are made of 1 1/4" wide material. One side is 3" long with a slotted hole and the other side is 1 1/4" long with a round hole.)*

☐ *Mount the long flat side of one* "L" BRACKET (50) *to the left and outside of the* TOP MAST CONNECTOR BRACKET (15). *Assemble a* GUIDE ROD (6) *into the left and inside the Top Mast Connector Bracket. Using a* 3/8" X 1 3/4" HEX HEAD BOLT (82), *bolt through the L Bracket and then through the Top Mast Connector Bracket. Assemble a* 3/8" FLAT WASHER (80) *onto the bolt and then continue to bolt through the* GUIDE ROD (6). *Secure with a* 3/8" NYLON LOCK NUT (81). *Assemble another* GUIDE ROD (6) *into the right and inside the* TOP MAST CONNECTOR BRACKET (15). *Insert a* "L" BRACKET (50) *between this Guide Rod and the right side of the Top Mast Connector Bracket. Using a* 3/8" X 1 3/4" HEX HEAD BOLT (82), *bolt through the outside of the Top Mast Connector Bracket and then through the L Bracket. Assemble a* 3/8" FLAT WASHER (80) *onto the Bolt and then continue to bolt through the Guide Rod. Secure with a* 3/8" NYLON LOCK NUT (81).

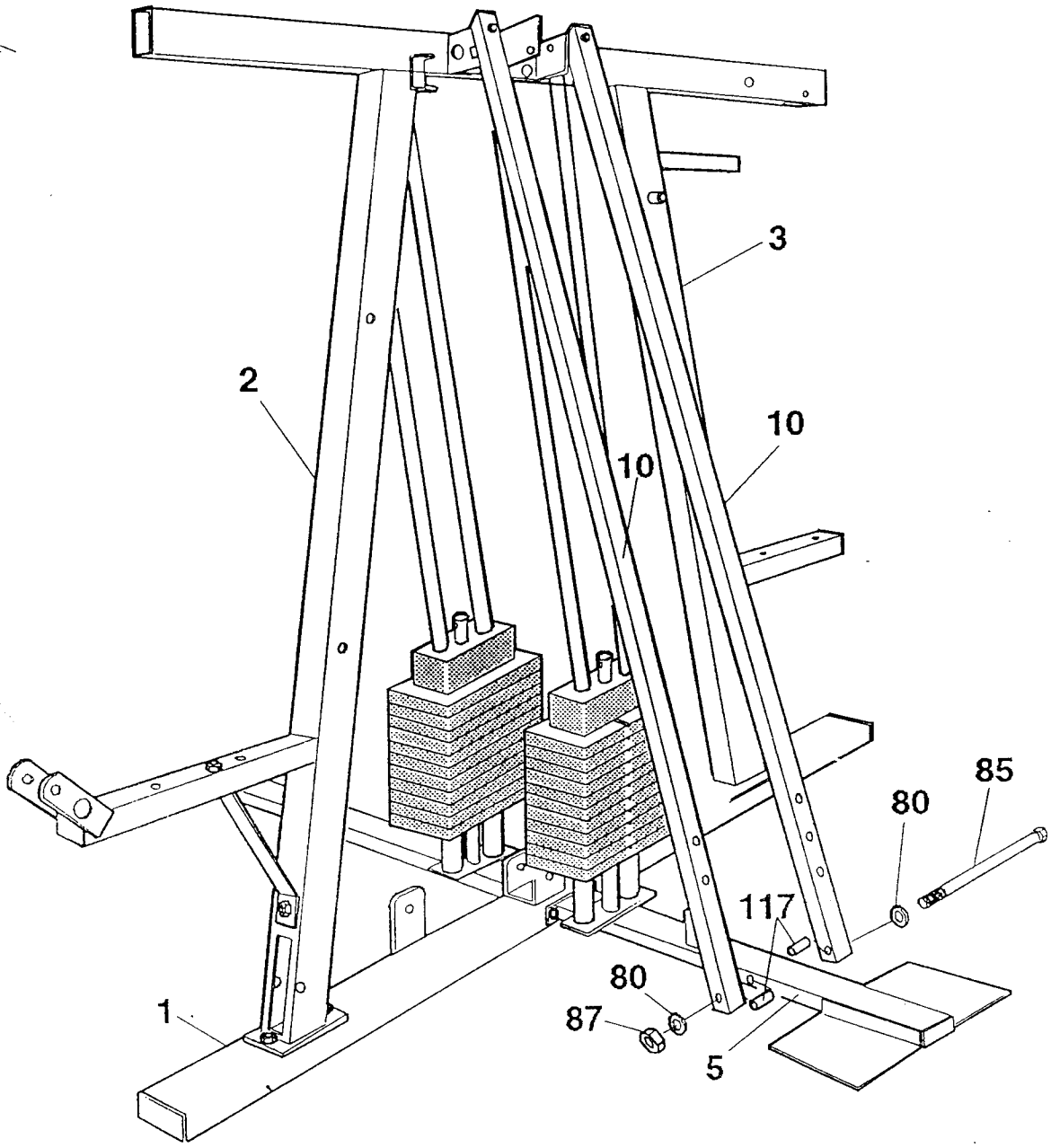


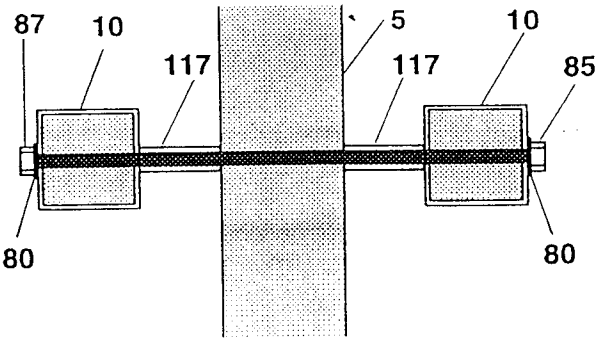
☐ *Take notice that there is a series of 3 holes in one end of the* HACK SQUAT RAILS (10). *These holes should be oriented at the bottom when the Rails are assembled correctly. Position the* HACK SQUAT RAILS (10) *to the* "L" BRACKET (50) *at the top of the unit and assembling* 3/8" FLAT WASHERS (80) *onto two* 3/8" X 2 1/4" HEX HEAD BOLTS (83), *bolt through the Hack Squat Rails and into the "L" Bracket. Secure with* 3/8" NYLON LOCK NUTS (81). *Tighten securely.*



☐ *Cap the top of the* HACK SQUAT RAILS (10) *with* 1 1/2" SQUARE PLASTIC INSERT CAPS (101).

Attach the lower ends of the SQUAT RAILS (10) *to the* BASE (1) *using a* 3/8" X 10" HEX HEAD BOLT (85). *With a* 3/8" FLAT WASHER (80) *fitted onto the Bolt, insert the Bolt through a Rail, then a* 3/8" I.D. X 1 3/4" LONG METAL SPACER (117), *the* HACK SQUAT BASE (5), *another* 3/8" X 1 3/4" METAL SPACER (117), *the other* SQUAT RAIL (10) *and secure with a second* 3/8" FLAT WASHER (80) *and a* 3/8" THIN WALL LOCK NUT (87). *Tighten securely.* (SEE DETAIL A) *Also at this time, go back to the top and tighten the* "L" BRACKETS (50) *and* GUIDE RODS (6).





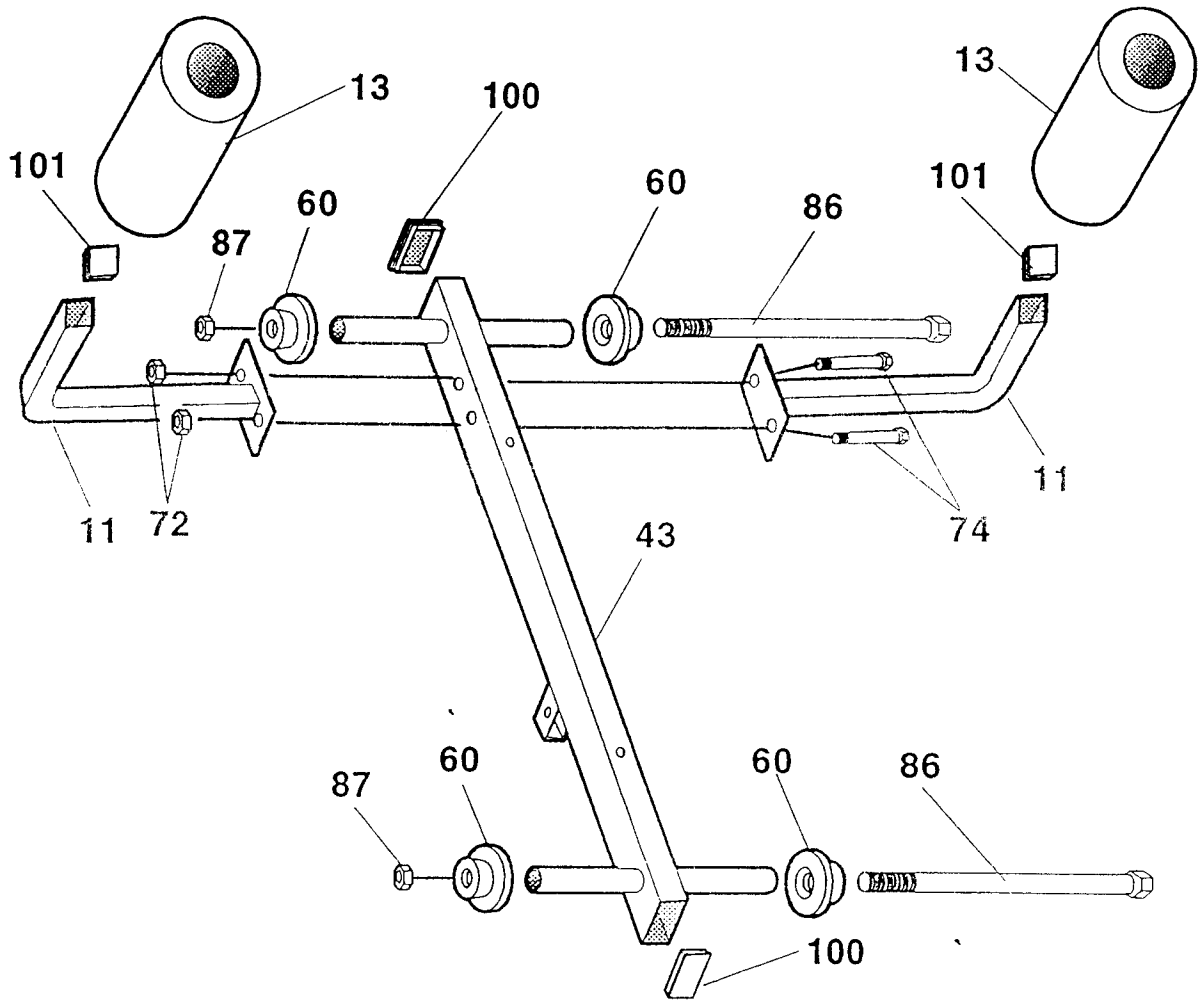
DETAIL A

STEP 5 HACK SQUAT FRAME ASSEMBLY

PART NAME	QTY
60 3" GUIDE WHEEL	4
72 5/16" NYLON LOCK NUT	2
74 5/16" X 2 1/4" HEX HEAD BOLT	2
80 3/8" FLAT WASHER	4
81 3/8" NYLON LOCK NUT	3
83 3/8" X 2 1/4" HEX HEAD BOLT	2
86 3/8" X 8" HEX HEAD BOLT	2
87 3/8" THIN WALL LOCK NUT	2
100 1 1/2" X 3" PLAST'C INSERT CAP	2
101 1 1/2" SQUARE PLASTIC CAP	2
108 3/8" X 8 1/4" HEX HEAD BOLT	1
118 3/8" I.D. X 2" LONG METAL SPACER	2
128 1" O.D. X 1" LONG BLACK PLASTIC BUSHING	2

☐ *Attach the* HACK SQUAT ARMS (11) *to the* HACK SQUAT FRAME (43) *using* 5/16" X 2 1/4" HEX HEAD BOLTS (74) *and* 5/16" NYLON LOCK NUTS (72).

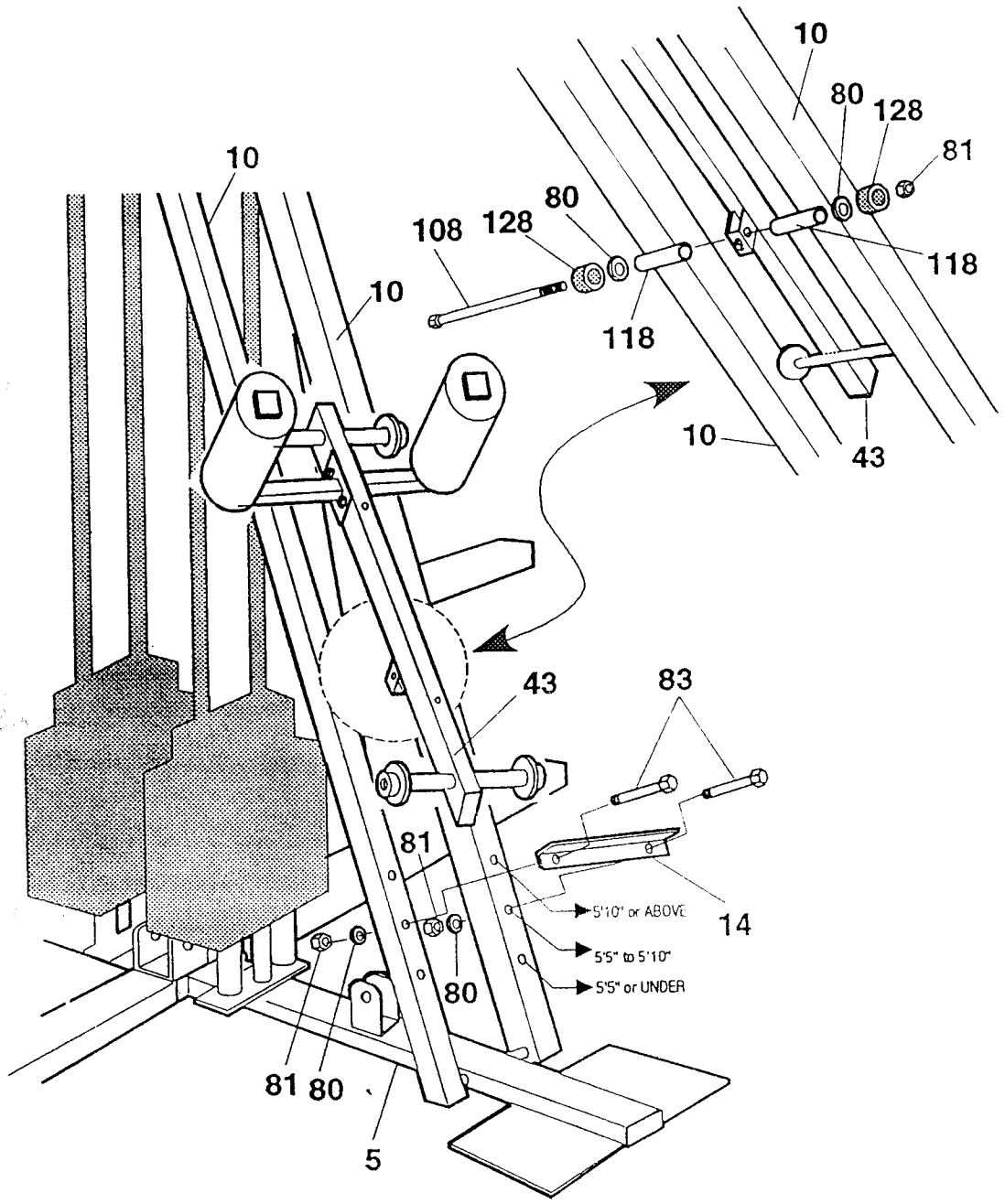
☐ *Press a* 1 1/2" SQUARE PLASTIC CAP (101) *into the ends of the Squat Arms.*



☐ *Wipe a small amount of liquid detergent over the surface of the Squat Arms and slide on a* 3 1/4" X 9 1/4" FOAM ROLLER (13) *onto each Arm.*

☐ *Using* 3/8" X 8" HEX HEAD BOLTS (86), *assemble the* 3" GUIDE WHEELS (60) *to the* SQUAT FRAME (43) *so that the wide rim of the Wheel is to the inside. Fasten with special* 3/8" THIN WALL LOCK NUTS (87).

☐ *Cap the ends of the* HACK SQUAT FRAME (43) *with* 1 1/2" X 3" PLASTIC INSERT CAPS (100).



☐ *Assemble the* HACK SLIDE LIMITER PLATE (14) *to the bottom of the* SQUAT RAILS (10) *with* 3/8" X 2 1/4" HEX HEAD BOLTS (83), 3/8" FLAT WASHERS (80), *and* 3/8" NYLON LOCK NUTS (81).

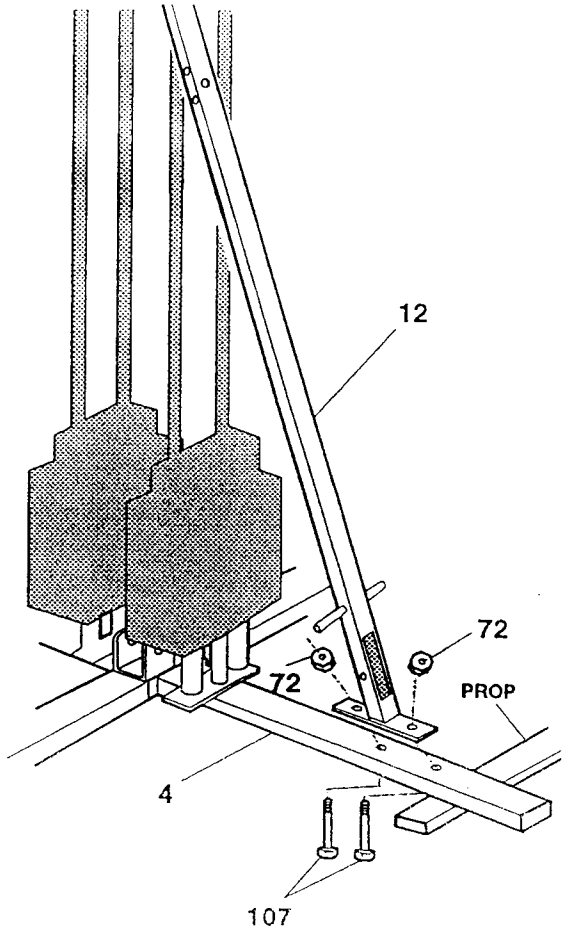
» NOTE: *To properly select the correct height of mounting the Limiter Plate to fit your height, we recommend the following. Persons 5'5" or under should mount the Plate in the lower hole setting. Persons between 5'5" to 5'10" should select the center hole setting and over 5'10" should use the top hole setting.*

☐ *Set the Squat Slide assembly onto the Guide Rails so the Wheels are properly seated between the Rails. Assemble a* 1" O.D. X 1" LONG BLACK PLASTIC BUSHING (128), *a* 3/8" FLAT WASHER (80), *and a* 3/8" I.D. X 2" LONG METAL SPACER (118) *onto another* 3/8" X 8 1/4" HEX HEAD BOLT (108). *Insert the Bolt assembly through the Bolt hole in the "U" bracket welded to the back side of the* HACK SQUAT FRAME (43). *Once through, assemble another* 2" SPACER (118), 3/8" FLAT WASHER (80), *and a* BLACK PLASTIC BUSHING (128) *onto the Bolt and secure with a* 3/8" NYLON LOCK NUT (81).

-4

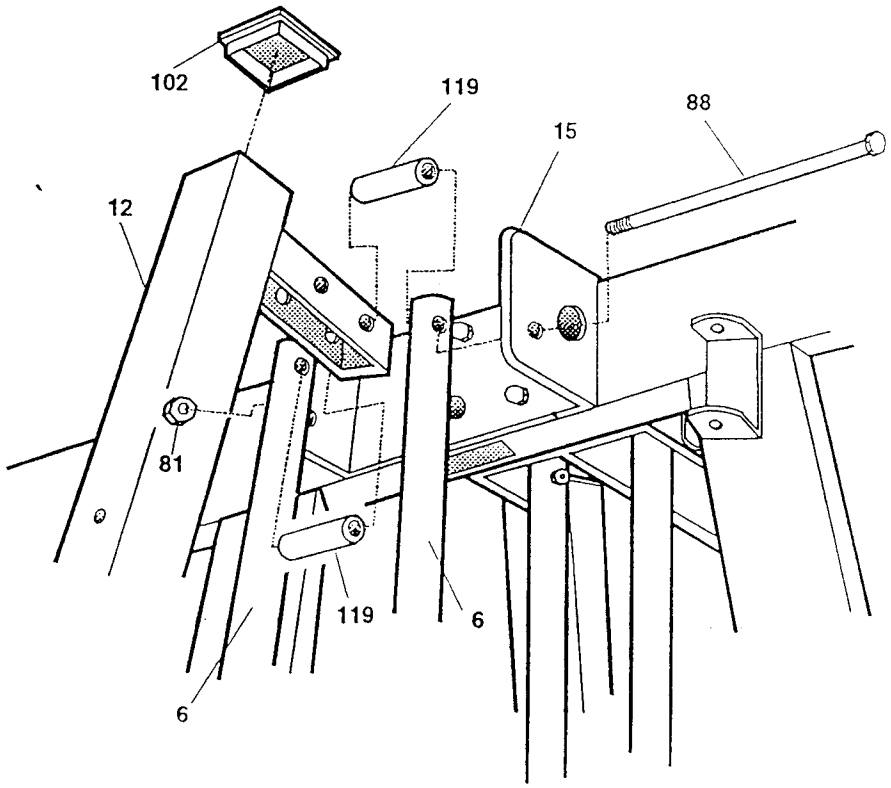
STEP 6 DIP STATION ASSEMBLY

PART NAME	QTY
72 5/16" NYLON LOCK NUT	2
81 3/8" NYLON LOCK NUT	1
88 3/8" X 6 1/2" HEX HEAD BOLT	1
102 2" SQUARE PLASTIC CAP	1
107 5/16" X 2" HEX HEAD BOLT	2
119 3/8" I.D. X 1 3/8" LONG METAL SPACER	2



☐ *Prop a 2 X 4 or like object under the front outside end of the* DIP STATION BASE (4) *to raise the Base enough to insert two* 5/16" X 2" HEX HEAD BOLTS (107) *up through the Dip Station Base. Bolt the base of the* DIP STATION UPRIGHT (12) *in place so it is angling back into the* TOP MAST CONNECTOR PLATE (15). *Fasten with* 5/16" NYLON LOCK NUTS (72). *After the Base assembly is made and tightened securely, remove the block so that the Base sets firmly against the floor.*

☐ *Using a* 3/8" X 6 1/2" HEX HEAD BOLT (88), *bolt through the* TOP MAST CONNECTOR BRACKET (15), *a* GUIDE ROD (6), *into a* 3/8" I.D. X 1 3/8" METAL SPACER (119), *then into the back hole of the bracket atop the* DIP STATION UPRIGHT (12). *Next add another* 3/8" I.D. X 1 3/8" LONG METAL SPACER (119), *then continue bolting through the other* GUIDE ROD (6), *and finally through the other side of the Connector Bracket. Secure with a* 3/8" NYLON LOCK NUT (81).



☐ *Cap the top of the* DIP STATION UPRIGHT (12) *with a* 2" SQUARE PLASTIC CAP (102).

STEP 7 PEC-DECK ARMS ASSEMBLY

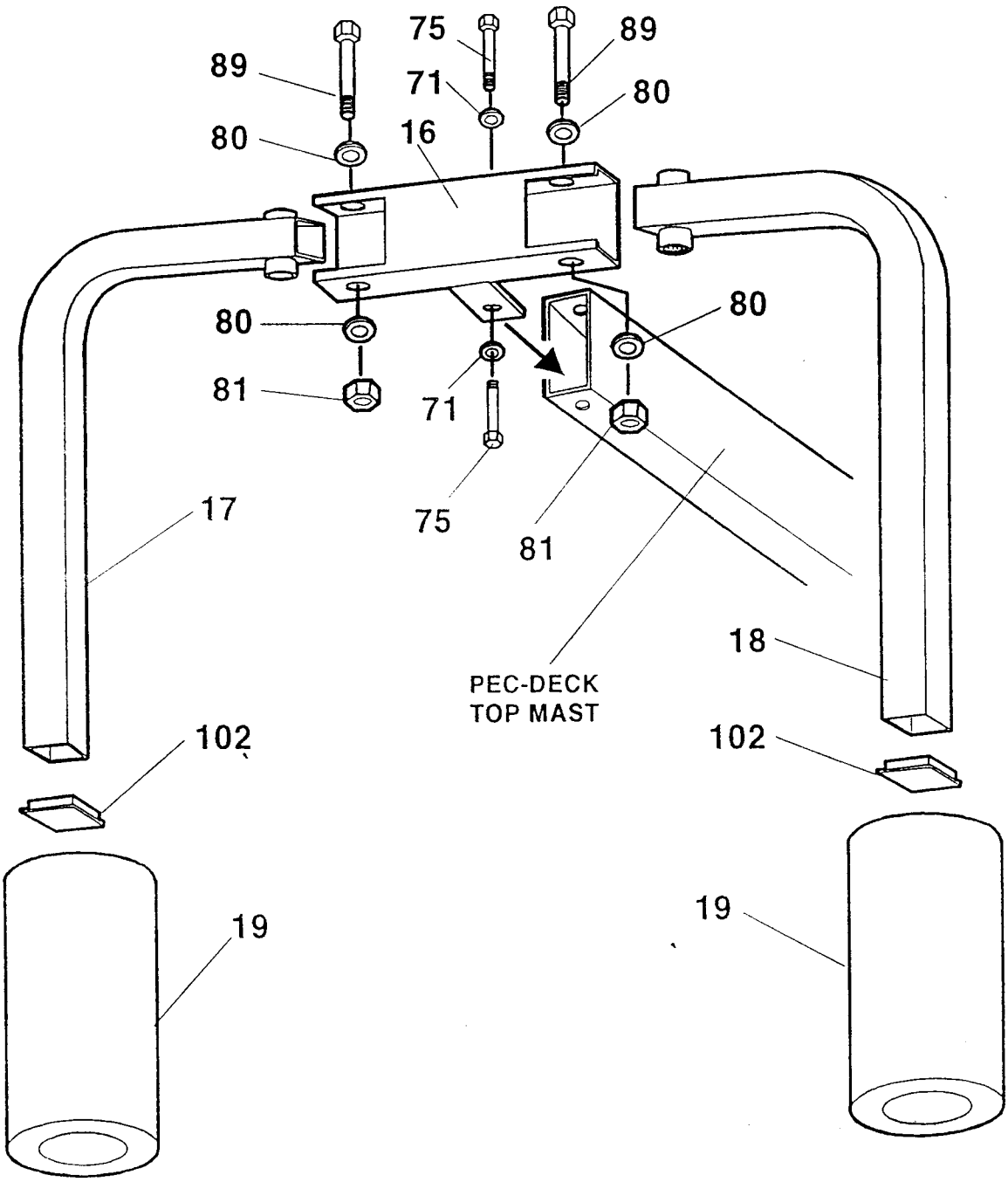
PART NAME	QTY
71 5/16" FLAT WASHER	2
75 5/16" X 3/4" HEX HEAD BOLT	2
80 3/8" FLAT WASHER	4
81 3/8" NYLON LOCK NUT	2
89 3/8" X 4 1/2" HEX HEAD BOLT	2
102 2" SQUARE PLASTIC INSERT CAP	2

☐ *Insert the tabs on the back side of the* PEC-DECK HEADER BEAM (16) *into the Pec-Deck Top Mast and bolt in place using* 5/16" X 3/4" HEX HEAD BOLTS (75) *and* 5/16" FLAT WASHERS (71) *bolting down from the top and up from the bottom.*

☐ *Position the left and right* PEC-DECK ARMS (17) *and* (18) *into the* HEADER BEAM (16) *and attach with* 3/8" X 4 1/2" HEX HEAD BOLTS (89) 3/8" FLAT WASHERS (80), *and* 3/8" NYLON LOCK NUTS (81).

☐ *Cap the bottom ends of the Pec-Deck Arms with* 2" SQUARE PLASTIC INSERT CAPS (102).

☐ *Wipe a small amount of liquid detergent over the lower section of the* PEC-DECK ARMS (17) *and* (18) *and press on* 4 1/2" X 9 1/2" FOAM ROLLERS (19).



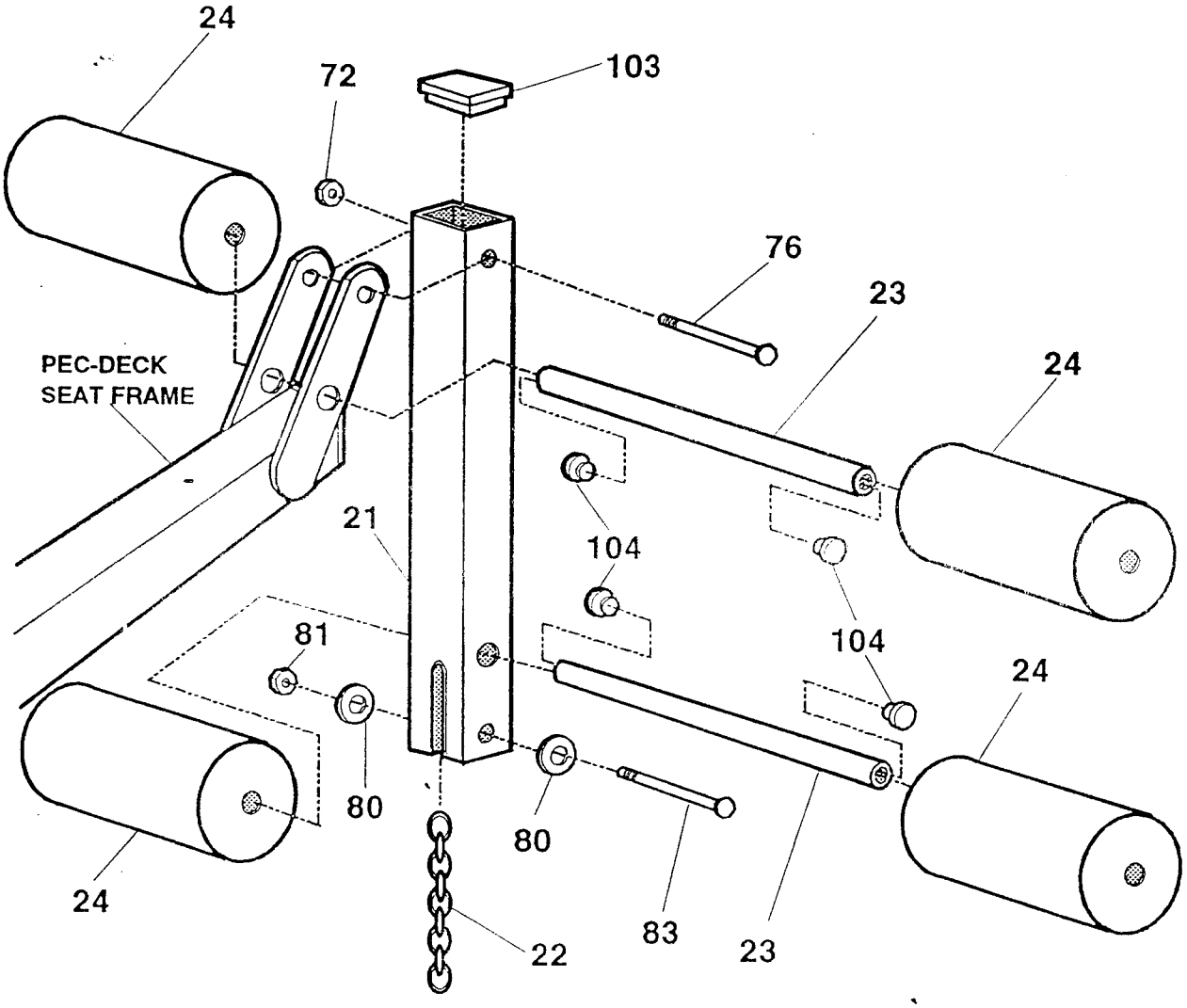
STEP 8 LEG EXTENSION ASSEMBLY

PART NAME	QTY
72 5/16" NYLON LOCK NUT	1
76 5/16" X 2 3/4" HEX HEAD BOLT	1
80 3/8" FLAT WASHER	2
81 3/8" NYLON LOCK NUT	1
83 3/8" X 2 1/4" HEX HEAD BOLT	1
103 1 3/4" SQUARE PLASTIC INSERT CAP	1
104 3/4" ROUND PLASTIC INSERT CAP	4

☐ *Assemble the* LEG EXTENSION TUBE (21) *between the Seat Frame brackets with a* 5/16" X 2 3/4" HEX HEAD BOLT (76) *and a* 5/16" NYLON LOCK NUT (72).

» NOTE: *There is a slot cut at the bottom in one side of the Leg Extension Tube. This slot must be to the back side toward the unit.*

☐ *Cap the top of the* LEG EXTENSION TUBE (21) *with a* 1 3/4" SQUARE PLASTIC INSERT CAP (103).



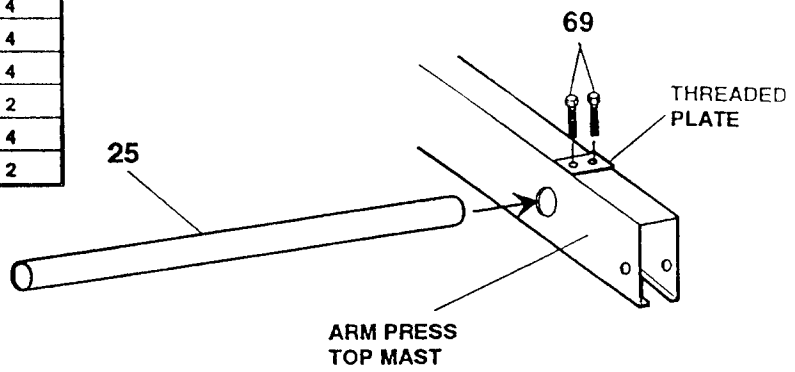
☐ *Assemble the* LEG EXTENSION ADJUSTER CHAIN (22) *into the bottom of the* LEG EXTENSION (21). *Using a* 3/8" X 2 1/4" HEX HEAD BOLT (83), 3/8" FLAT WASHERS (80), *and a* 3/8" NYLON LOCK NUT (81), *bolt into the last link in the Chain. Tighten securely but not enough to crush the slot closed against the Chain.*

☐ *Select two* 3/4" X 15 1/2" PAD BARS (23) *and insert a* 3/4" ROUND PLASTIC INSERT CAP (104) *into each end. To each Pad Bar, wipe a small amount of liquid detergent along the surface of the Bar. Press each Pad Bar into a* 3 1/4" X 7" FOAM ROLLER (24).

☐ *Assemble one Pad Bar into the Pec-Deck Seat Frame Bracket location and the other one into the lower section of the* LEG EXTENSION TUBE (21). *Slide on another* 3 1/4" X 7" FOAM ROLLER (24).

STEP 9 ARM PRESS ASSEMBLY

PART NAME	QTY
69 5/16" X 2" ALL THREAD HEX HEAD BOLT	2
71 5/16" FLAT WASHER	4
72 5/16" NYLON LOCK NUT	4
76 5/16" X 2 3/4" HEX HEAD BOLT	4
102 2" SQUARE PLASTIC INSERT CAP	2
105 1" ROUND PLASTIC INSERT CAP	4
129 2" SQUARE PIVOT BUSHING	2

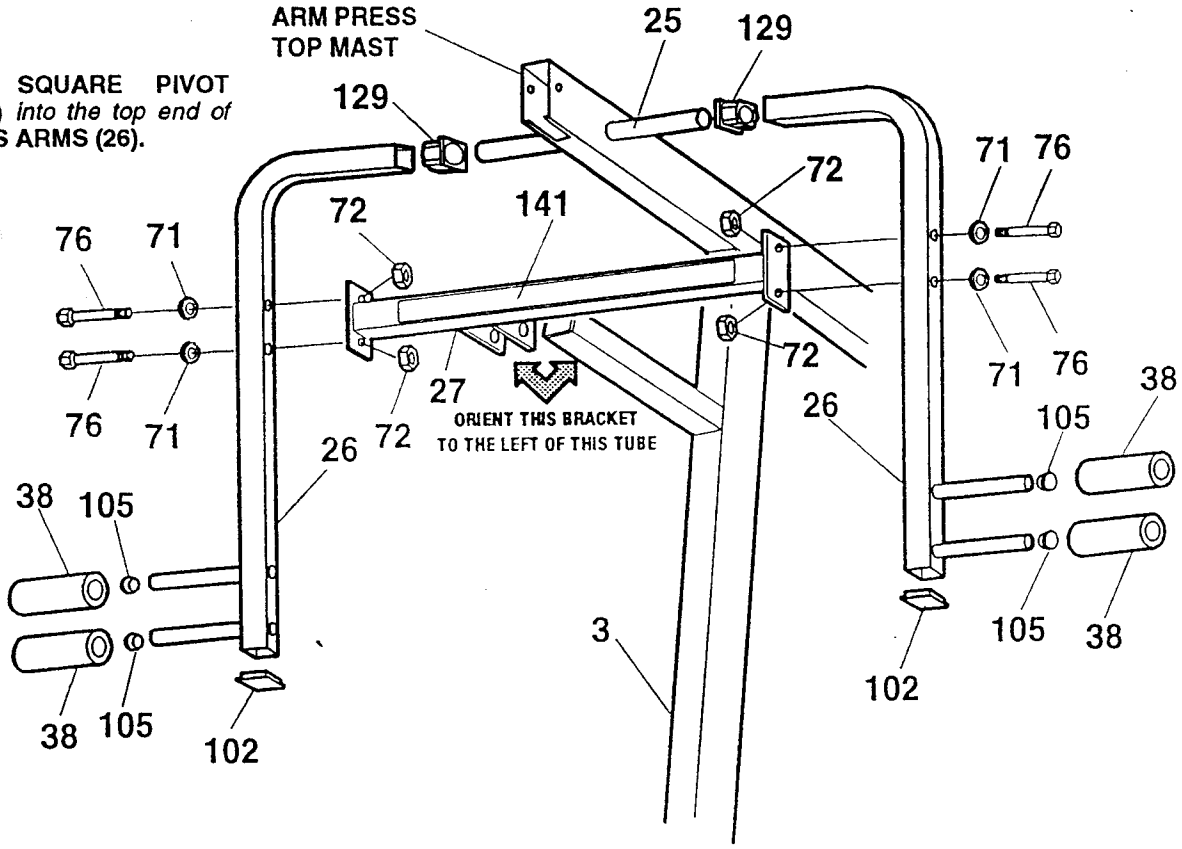


☐ *First locate the* 1" O.D. X 16" LONG ROUND PIVOT TUBE (25). *Insert this Tube into the hole through the Top Mast of the* ARM PRESS UPRIGHT (3). *Center the Tube through the Frame and bolt down through the threaded plate in the top of the Mast with two* 5/16" X 2" ALL THREAD HEX HEAD BOLTS (69). *Tighten firmly.*

☐ *Drive a* 2" SQUARE PIVOT BUSHING (129) *into the top end of the* ARM PRESS ARMS (26).

☐ *Align Arms with* PIVOT TUBE (25) *in Top Mast and press Arms onto Pivot Tube.*

☐ *Next, assemble the* ARM PRESS CROSS TUBE (27) *between the Arm Press Arms so the welded brackets on the Tube are to the back and the left side when facing the Arm Press Station. Assemble the Cross Tube with* 5/16" X 2 3/4" HEX HEAD BOLTS (76), 5/16" FLAT WASHERS (71), *and* 5/16" NYLON LOCK NUTS (72).



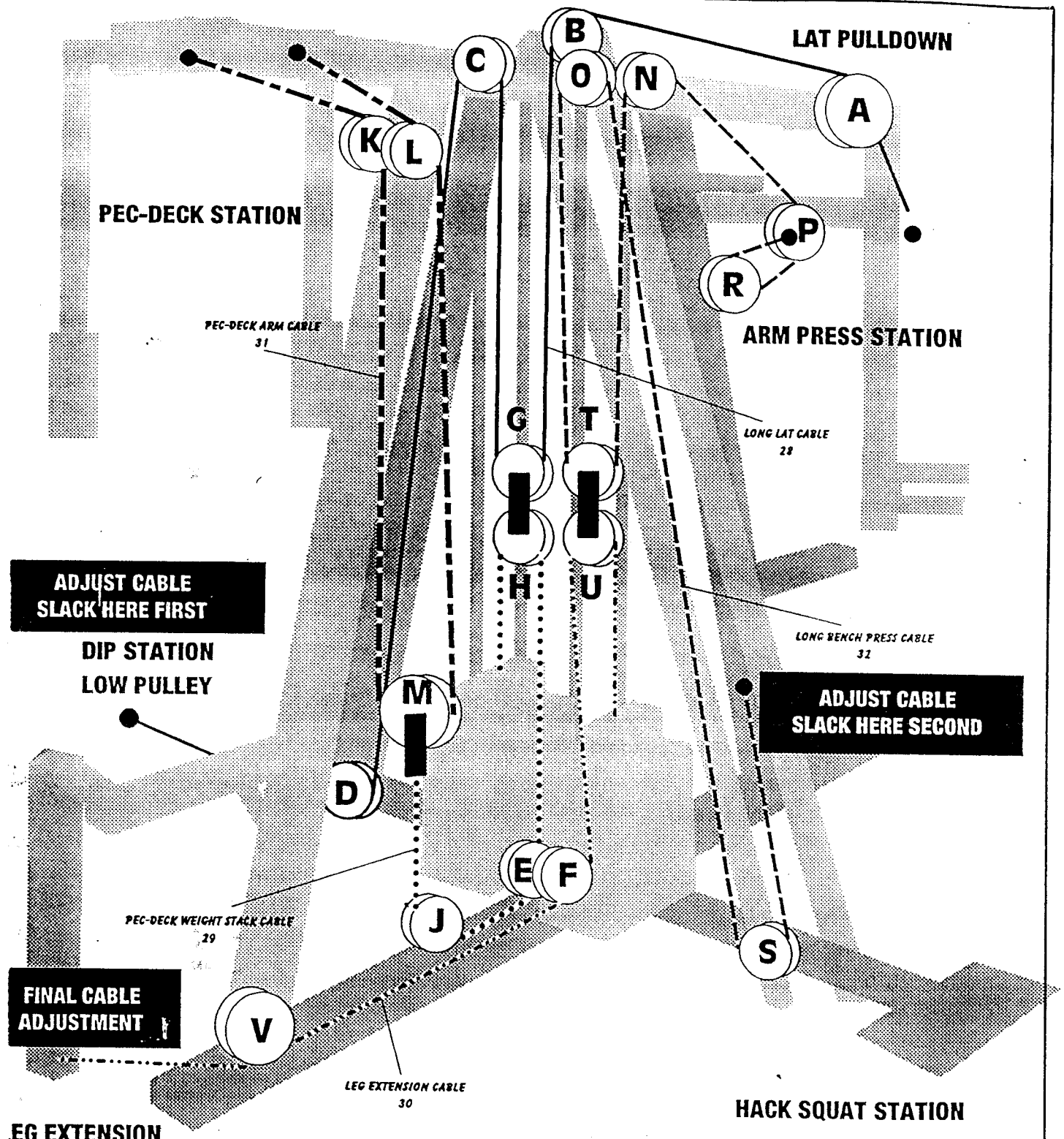
☐ *Cap the ends of the* ARM PRESS ARMS (26) *handles with* 1" ROUND PLASTIC INSERT CAPS (105).

☐ *Cap the endsof the* ARM PRESS ARMS (26) *with* 2" SQUARE PLASTIC CAPS (102).

☐ *Wipe a small amount of liquid detergent over the lower section of the* ARM PRESS ARMS (26) *and press on a* 1" I.D. X 5" FOAM GRIP (38).

☐ *Remove the* ARM PRESS 300 LBS. TWIN STACK DECAL (141) *from the backing sheet and affix on the front of the* ARM PRESS CROSS TUBE (27).

CABLE ROUTING



28 LONG LAT CABLE

29 PEC-DECK WEIGHT STACK CABLE

30 LEG EXTENSION CABLE

31 PEC-DECK ARM CABLE

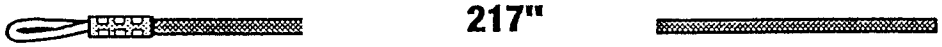
32 LONG BENCH PRESS CABLE

174 1/2"
LONG LAT CABLE
28

90"
PEC-DECK WEIGHT STACK CABLE
29

100"
LEG EXTENSION CABLE
30

132"
PEC-DECK ARM CABLE
31



217"
LONG BENCH PRESS CABLE
32

IMPORTANT INFORMATION ABOUT CABLE MAINTENANCE

The key to enjoyable use of a HOME GYM is keeping cables and pulleys in good working condition. To insure this requires only a small amount of delicate attention to the cable system. Please follow the following maintenance tips.

1. *After first assembling the gym (Before Using It) double check to be sure all cables are properly seated into the Pulleys.*

2. *Check to make certain that the Pulley's Cable Traps have the cable traps positioned as showing in the diagram. Cable Traps should be set so they fit about 1/16 of an inch from the rim of the Pulley and rotated away from where the Cable enters the Pulley. This will insure that the edge of the Cable Trap will not scrape the Cable Casing.*

3. *Always keep excess slack adjusted out of the Cable Run. Anything more than 1 inch of slack will take away from a full range of conditioning.*

READ THE FOLLOWING STEP BEFORE ADJUSTING THE CABLES

4. *When adjusting slack out of both Cable Systems, first, adjust the Lat Cable slack at the low Pulley Station. This sets the height of the Dual Pulleys (G & H). Next, adjust the Bench Press Cable tension and set the height of the Dual Pulleys (T & U) at the adjusting ferrule on the back of the squat slide. Finally take the remaining slack out the the cable at the Leg Extension.*

5. *Periodically lubricate the Guide Rods with silicone or light machine oil to minimize friction and drag.*

IF YOUR HOME GYM FEELS LIKE IT IS BINDING UP READ THE FOLLOWING STEP

6. *During use, if it ever feels like the exercise is binding up, stop immediately and check the cable run and pulleys to see if a cable has jumped off a pulley or it is binding on a cable trap bracket. Prompt attention may prevent cable damage.*

SAFETY TIPS:

- ☐ *ALWAYS MAKE CERTAIN THAT SMALL CHILDREN ARE CLEAR OF THE UNIT WHILE IN USE.*
- ☐ *NEVER PUT YOUR HANDS, FINGERS, OR OTHER PARTS OF YOUR BODY BETWEEN MOVING PARTS OR WEIGHTS WHILE THE GYM IS IN USE.*
- ☐ *KEEP ALL BOLTS AND FASTENERS TIGHTENED.*

STEP 10 CABLE ASSEMBLIES

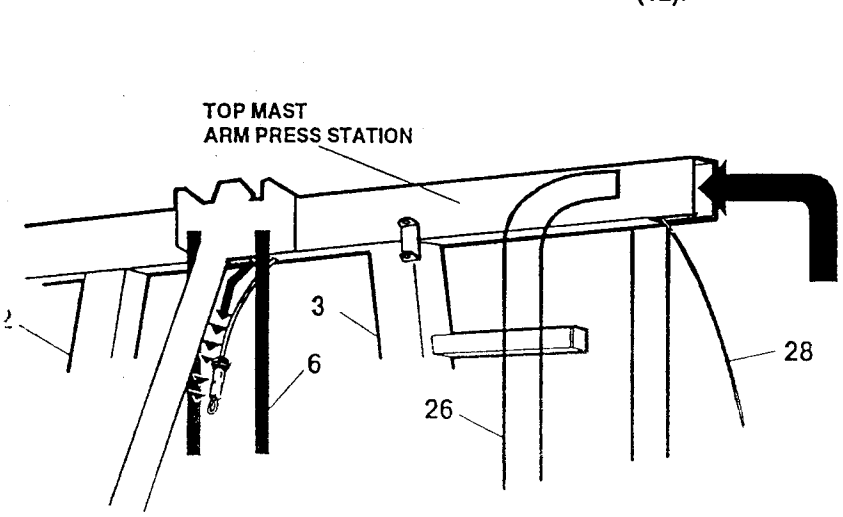
1. LAT PULL-DOWN & LOWER PULLEY ASSEMBLY

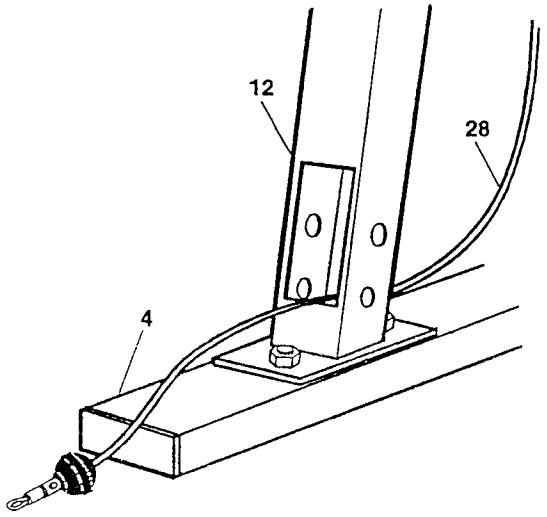
	PART NAME	QTY
61	4 1/2" PULLEY	1
62	3 1/2" PULLEY	3
67	1/4" NYLON LOCK NUT	1
80	3/8" FLAT WASHER	4
81	3/8" NYLON LOCK NUT	4
91	3/8" X 4" HEX HEAD BOLT	1
92	3/8" X 2 3/4" HEX HEAD BOLT	2
93	3/8" X 2" HEX HEAD BOLT	1
99	1/4" X 2 1/4" ROUND HEAD SCREW	1
120	3/8" I.D. X 1/2" LONG METAL SPACER	6

☐ *Select the* 174 1/2" LONG LAT CABLE (28) *(has two stopper balls and one adjuster sleeve on it).*

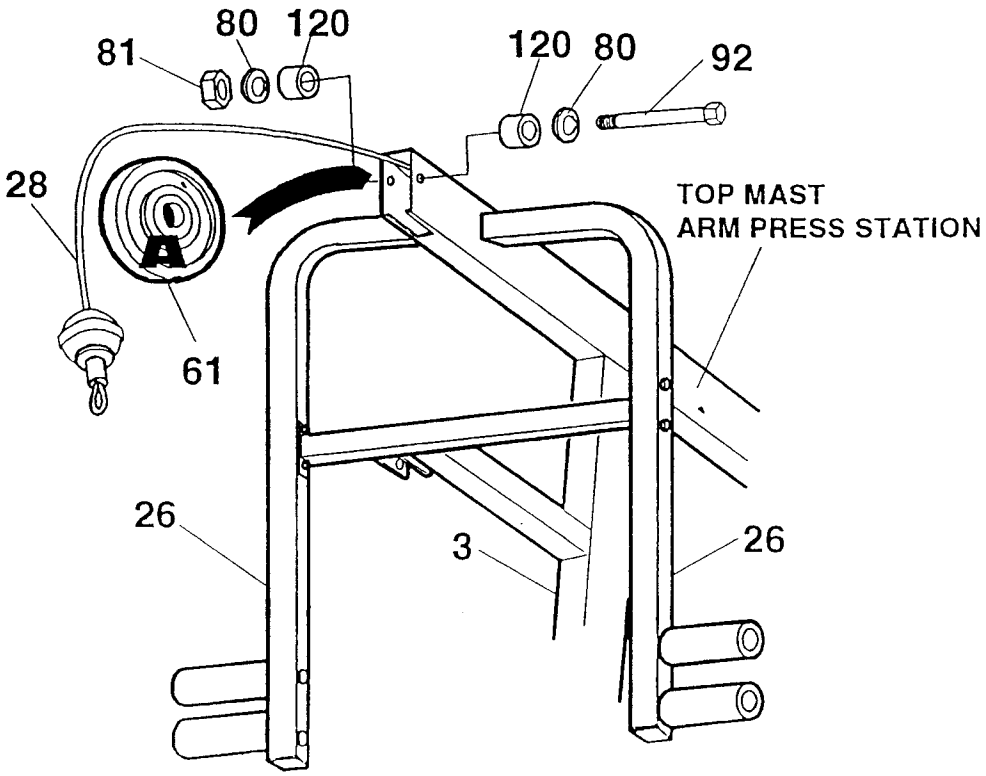
☐ *Starting from the front of the Top Mast* ARM PRESS STATION (3), *feed the Cable end with the stopper ball and adjuster ferrule into the end of the Top Mast and pull it out through the slot in the bottom center of the Top Frames where the Top Mast joins.*

☐ *Bring the Cable through between the* GUIDE RODS (6) *on the* DIP STATION UPRIGHT (12) *and feed the Cable end with the ball and ferrule through the slot in the bottom of the* DIP STATION UPRIGHT (12).





☐ *Returning now back to the front of the Top Mast, select a* 4 1/2" PULLEY (A) (61) *and position the Cable in the Pulley groove. Fit a* 3/8" FLAT WASHER (80) *and a* 3/8" I.D. X 1/2" LONG METAL SPACER (120) *onto a* 3/8" X 2 3/4" HEX HEAD BOLT (92) *and bolt into Top Frame and the Pulley. Slide another* 1/2" LONG SPACER (120) *and* 3/8" FLAT WASHER (80) *onto the bolt and secure with a* 3/8" NYLON LOCK NUT (81).



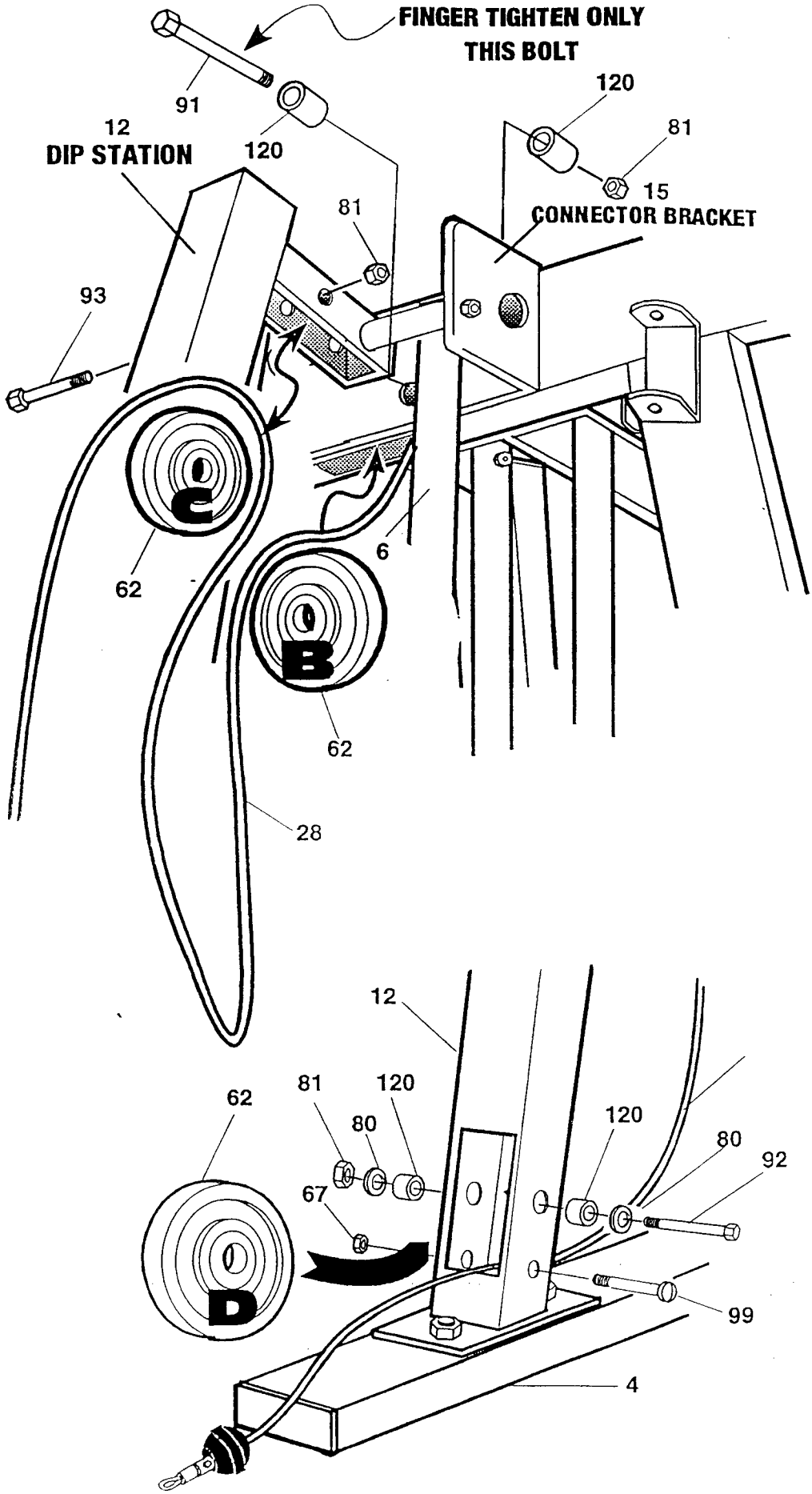
☐ *With a* 3 1/2" PULLEY (B) (62), *position the Cable coming down through the Mast into the Pulley and fit the Pulley up into the Top Frame opening. Put a* 3/8" I.D. X 1/2" LONG METAL SPACER (120) *onto a* 3/8" X 4" HEX HEAD BOLT (91) *and bolt through the Frame and Pulley and out the other side of the Frame. Assemble on another* METAL SPACER (120) *and put a* 3/8" NYLON LOCK NUT (81) *finger tight on the bolt at this time.*

☐ *Select another* 3 1/2" PULLEY (C) (62) *and set the Cable that is running between the* GUIDE RODS (6) *into the Pulley. Fit the Pulley and Cable in the "U" bracket attaching the* DIP STATION UPRIGHT (12) *to the connector brackets and bolt the Pulley in place with a* 3/8" X 2" HEX HEAD BOLT (93) *and a* 3/8" NYLON LOCK NUT (81).

☐ *Place the Cable under another* 3 1/2" PULLEY (D) (62) *and position the Pulley within the cut-out at the bottom of the* DIP STATION UPRIGHT (12).

☐ *With a* 3/8" X 2 3/4" HEX HEAD BOLT (92) *assemble a* 3/8" FLAT WASHER (80), *a* 3/8" I.D. X 1/2" LONG METAL SPACER (120) *to the Bolt and attach the Pulley in place. Add a second* 1/2" LONG METAL SPACER (120) *and* 3/8" FLAT WASHER (80) *and secure with a* 3/8" NYLON LOCK NUT (81).

☐ *Using a* 1/4" X 2 1/4" ROUND HEAD SCREW (99) *bolt through the lower hole location on the* DIP STATION UPRIGHT (12) *making sure the bolt passes underneath and traps the Cable into the Pulley. Secure with a* 1/4" NYLON LOCK NUT (67).



2. PEC-DECK WEIGHT STACK & LEG EXTENSION CABLE ASSEMBLY

PART NAME	QTY
59 3/8" SPRING CLIP	1
62 3 1/2" PULLEY	5
67 1/4" NYLON LOCK NUT	2
68 1/4" X 1 3/4" ROUND HEAD SCREW	2
72 5/16" NYLON LOCK NUT	2
75 5/16" X 3/4" HEX HEAD BOLT	1
80 3/8" FLAT WASHER	2
81 3/8" NYLON LOCK NUT	4
82 3/8" X 1 3/4" HEX HEAD BOLT	2
92 3/8" X 2 3/4" HEX HEAD BOLT	1
93 3/8" X 2" HEX HEAD BOLT	1
109 5/16" X 1 1/2" HEX HEAD BOLT	1
122 3/8" I.D. X 1 1/4" LONG METAL SPACER	1
123 3/8" X 1" LONG METAL SPACER	1
131 3/8" X 2 1/2" LONG "L" PIN	1
132 3/8" I.D. X 3/8" LONG METAL SPACER	1

☐ *Select the* PEC-DECK WEIGHT STACK CABLE - 90" LONG - (29) *(with no stopper balls) and the* LEG EXTENSION CABLE - 100" LONG (30) *(also with no stopper balls).*

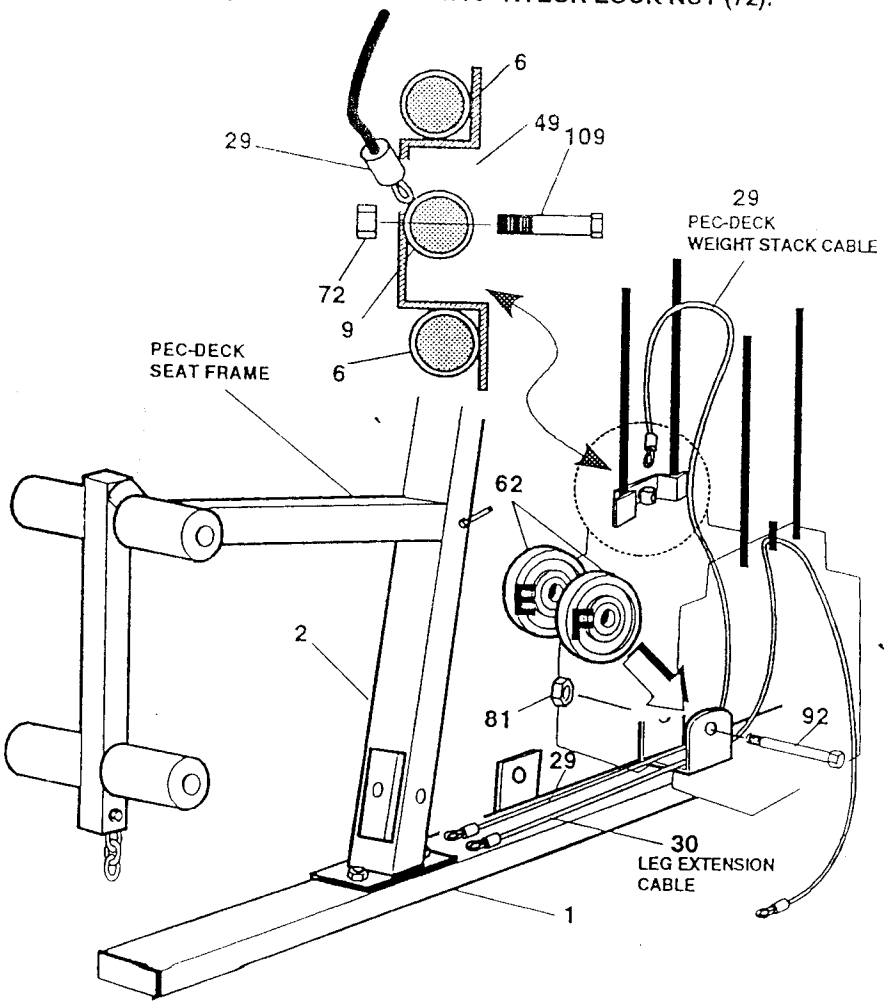
☐ *Working from the Pec-Deck Station side of the Gym, lay the* 90" PEC-DECK CABLE (29) *within the "U" bracket welded atop the* MAIN BASE FRAME (1) *and position it to the left side. To the right side of that Cable, lay the* 110" LEG EXTENSION CABLE (30).

☐ *Pick two* 3 1/2" PULLEYS (E) & (F) (62) *and place these Pulleys side by side within the "U" bracket and fit over the Cables. Using a* 3/8" X 2 3/4" HEX HEAD BOLT (92), *bolt through the bracket and Pulleys and secure in place with a* 3/8" NYLON LOCK NUT (81).

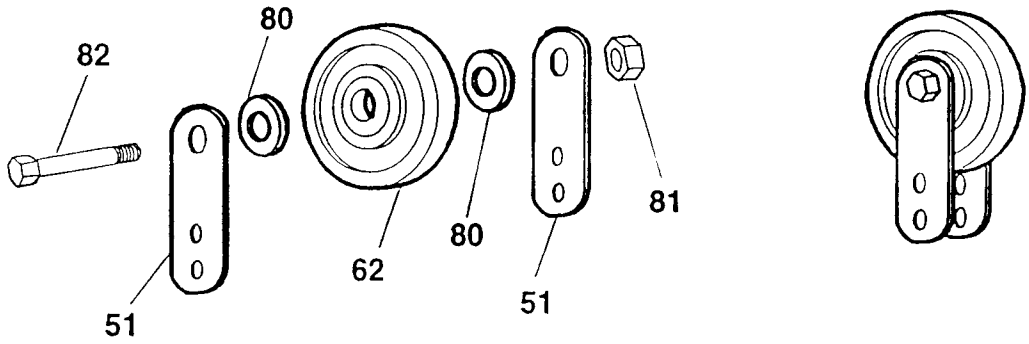
NOTE: The remainder of this step section will deal with the PEC-DECK STACK CABLE (29) assembly only.

☐ *Fit the loop end of the* PEC-DECK WEIGHT STACK CABLE (29) *into the top of the* WEIGHT SELECTOR TUBE (9) *in the Weight stack to your left (or closest to the Dip Station).*

☐ *Bolt through the* GUIDE BRACKET (49), *then the* WEIGHT SELECTOR TUBE (9), *and then the Cable loop with a* 5/16" X 1 1/2" HEX HEAD BOLT (109) *and secure with a* 5/16" NYLON LOCK NUT (72).

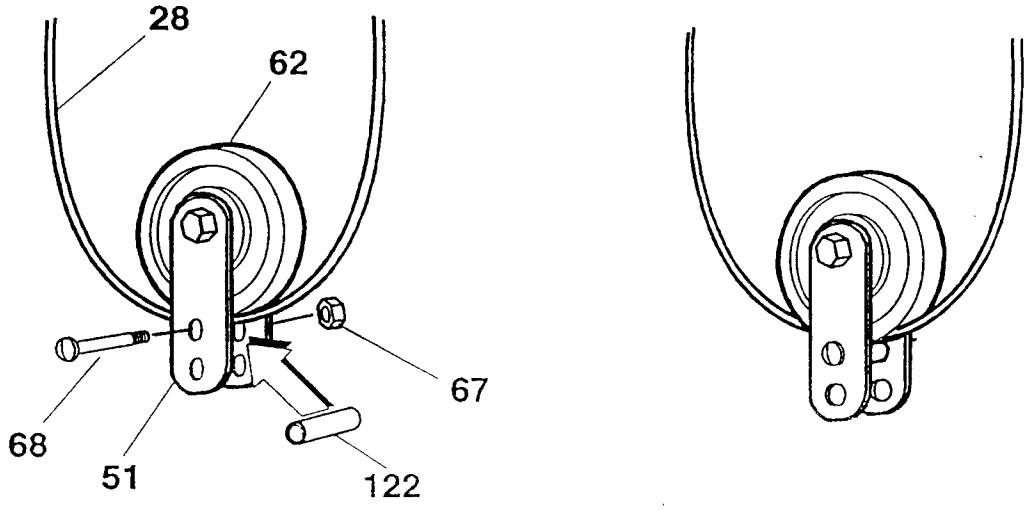


☐ *Choose two* **DUAL PULLEY CONNECTOR BRACKETS (51)** *and with a* **3/8" X 1 3/4" HEX** HEAD BOLT (93) *assemble one Connector Bracket, a* **3/8" FLAT WASHER (80),** *a* **3 1/2"** PULLEY (G) (62), *another* **3/8" FLAT WASHER (80),** *and the other Connector Bracket. Fasten with a* **3/8"** NYLON LOCK NUT (81).

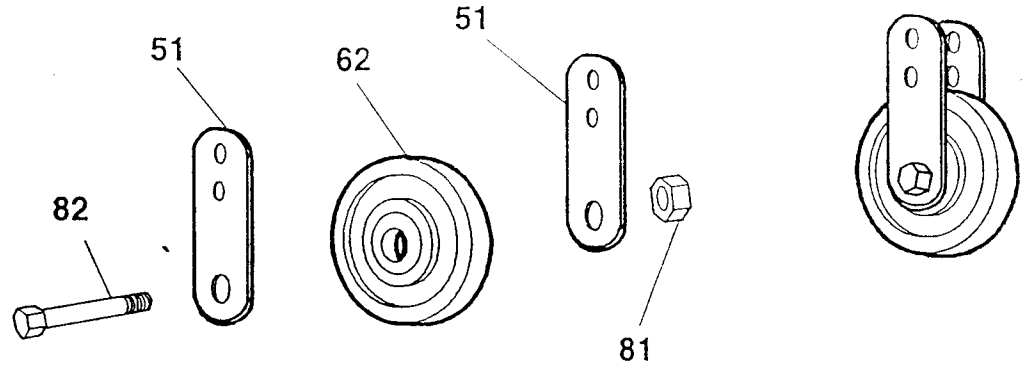


☐ *Hang this Pulley assembly over the top* LAT BAR **CABLE (28)** *as it loops between the two Pulleys at the top of the Dip Station.*

☐ *Next position a* **3/8" I.D. X 1 1/4" LONG METAL SPACER (122)** *between the middle Bolt holes in the* **DUAL** PULLEY BRACKETS (51) *and assemble with a* 1/4" X 1 3/4" ROUND HEAD SCREW (68) *and a* 1/4" NYLON LOCK NUT (67).

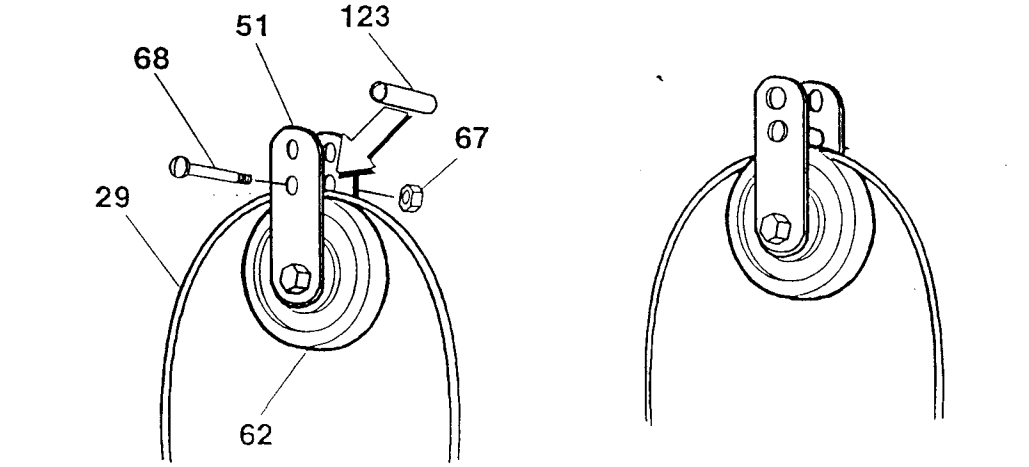


☐ *To a second pair of* **DUAL** PULLEY **CONNECTOR BRACKETS** (51) *assemble another* **3 1/2" PULLEY (H) (62)** *with a* **3/8" X 1 3/4" HEX HEAD BOLT (82)** *and a* **3/8" NYLON LOCK NUT (81).**

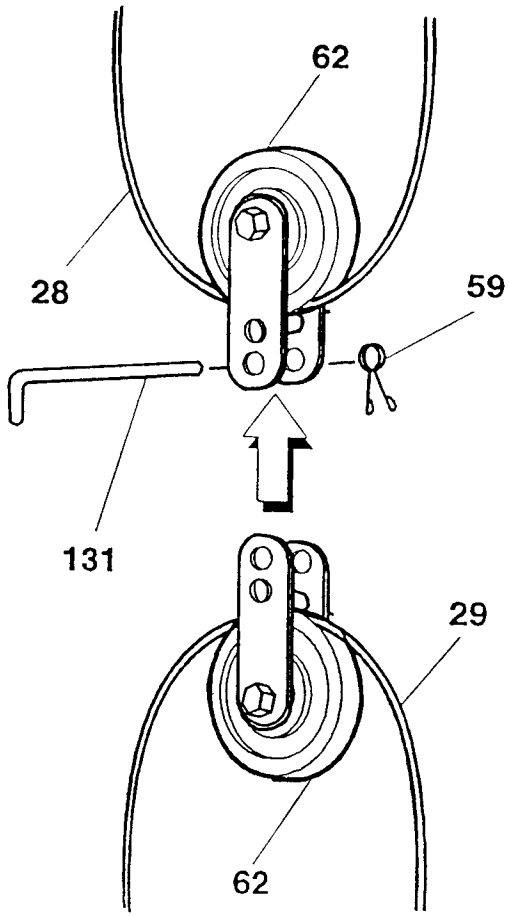


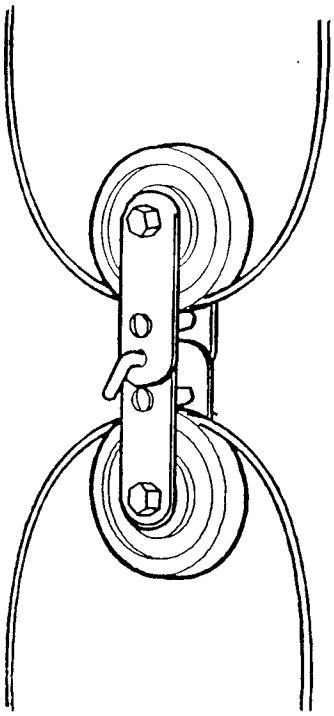
☐ *Loop the* PEC-DECK WEIGHT STACK CABLE (29) *over this Pulley assembly as it runs between the Weight stack and the dual Base Pulleys.*

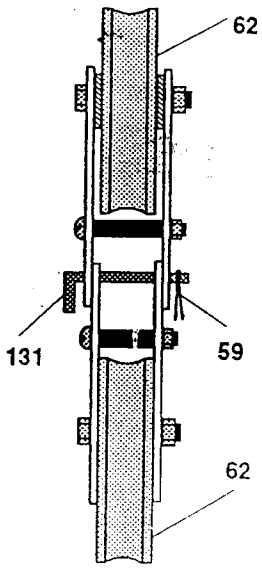
☐ *Trap the Cable within the Brackets by bolting a* **3/8" X 1" METAL SPACER (123)** *between the Connector Brackets with a* 1/4" X 1 3/4" ROUND HEAD SCREW (68) *and* 1/4" NYLON LOCK NUT (67).



☐ *Fit the ends of the Dual Connector Bracket assembly on the Pec-Deck Cable into the Bracket assembly of the Lat Cable and pin together with a* 3/8" X 2 1/2" LONG "L" PIN (131). *Clip a* 3/8" SPRING CLIP (59) *onto the end of the "L" Pin to secure together.*

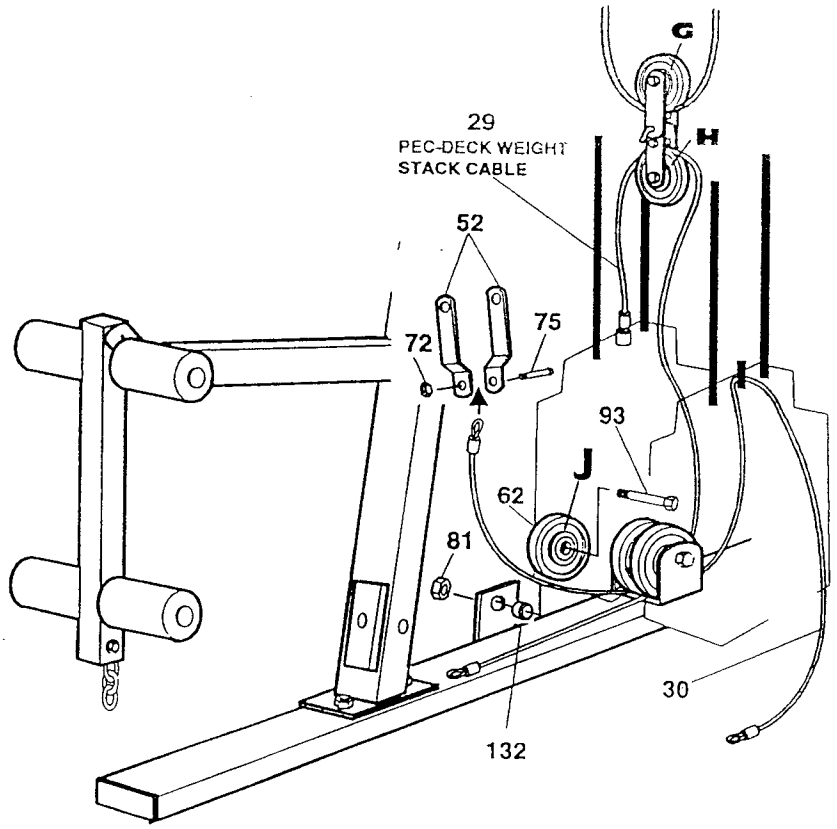






☐ *Moving back down to the Base and the Pec-Deck Weight Stack Cable, fit a* 3 1/2" PULLEY (J) (62) *over the Cable and position it to the inside of the Pulley bracket welded to the side of the* BASE FRAME (1). *Fit a* 3/8" I.D. X 3/8" LONG METAL SPACER (132) *between the Pulley and bracket and bolt in place with a* 3/8" X 2" HEX HEAD BOLT (82) *and* 3/8" NYLON LOCK NUT (81).

☐ *Locate the two* OFFSET BEND PULLEY BRACKETS (52) *and bolt the short ends of the Brackets around the loop end of the* PEC-DECK WEIGHT STACK CABLE (29) *with a* 5/16" X 3/4" HEX HEAD BOLT (75) *and* 5/16" NYLON LOCK NUT (72).



3. PEC-DECK ARM CABLE ASSEMBLY

PART NAME	QTY
61 4 1/2" PULLEY	1
62 3 1/2" PULLEY	2
72 5/16" NYLON LOCK NUT	2
73 5/16" X 3 3/4" HEX HEAD BOLT	2
80 3/8" FLAT WASHER	4
81 3/8" NYLON LOCK NUT	5
82 3/8" X 1 3/4" HEX HEAD BOLT	3
92 3/8" X 2 3/4" HEX HEAD BOLT	2

☐ *Begin by selecting the* 132" LONG PEC-DECK ARM CABLE (31) *and bolting the loop ends to the bottom side of the* PEC-DECK ARMS (17) *and* (18) *lever with a* 3/8" X 2 3/4" HEX HEAD BOLTS (92), 3/8" FLAT WASHERS (80), *and* 3/8" NYLON LOCK NUTS (81). *Make sure you trap the Cable between the Washer and the Arm so the Cable can not slip off.*

☐ *Attach the* PEC-DECK ARM CABLE (31) *into the bracket end of the* PEC-DECK WEIGHT STACK CABLE (29) *with a* 4 1/2" PULLEY (M) (61). *Fasten the bracket and Pulley together with a* 3/8" X 1 3/4" HEX HEAD BOLT (82) *and a* 3/8" NYLON LOCK NUT (81).

☐ *At the top of the* PEC-DECK STATION UPRIGHT (2) *there are brackets welded to each side. Bolt a* PULLEY PIVOT BRACKET (53) *into each of these welded brackets as illustrated with a* 5/16" X 3 3/4" HEX HEAD BOLT (73) *and* 5/16" NYLON LOCK NUTS (72).

☐ *Hook the* PEC-DECK ARM CABLE (31) *into a* 3 1/2" PULLEY (K) & (L) (62). *Position a* "L" CABLE TRAP BRACKET (54) *against the Pulley so it is positioned at the top and slightly back and bolt to the inside of the Pivot Bracket with a* 3/8" X 1 3/4" HEX HEAD BOLT (82) *and a* 3/8" NYLON LOCK NUT (81).

» IMPORTANT: *Check to see that the Cable Trap is rotated back so it does not rub against the Cable and that the Pulley turns freely. Tighten the Bolt tightly so that the Cable Trap Bracket can not pivot.*

☐ *Repeat this assembly procedure to the bracket on the other side of the Frame.*

☐ *Next, go to the loop end of the* CABLE (31) *at the bottom of the* PEC-DECK UPRIGHT (2). *Assemble a* 4 1/2" PULLEY (M) (61) *onto the Cable loop and fasten into the two* OFFSET BEND PULLEY BRACKETS (52) *(one end previously assembled to the* PEC-DECK WEIGHT STACK CABLE (29). *Bolt this assembly in place using a* 3/8" X 1 3/4" HEX HEAD BOLT (82) *and a* 3/8" NYLON LOCK NUT (81).

THE CABLE RUN FOR THE LAT PULL DOWN, LOWER PULLEY AT THE DIP STATION AND PEC-DECK STATION IS NOW COMPLETE.

☐ *The next step is to adjust out the slack in the Cable run. To do this, first insert a* WEIGHT SELECTOR PIN (130) *into the Weight stack. Go to the Cable end as it comes out the Low Pulley position at the Dip Station. Pull out on the Cable until it is in tension. While holding the Cable taught, push the rubber ball stopper firmly against the lower Pulley. Slide the* METAL ADJUSTER FERRULE (58) *against the stopper ball and tighten the set screw down tightly against the Cable.*

As the Gym is used the Cable will relax and stretch and this procedure will have to be repeated as slack occurs in the Cable run. It is important that excess slack always be adjusted out to insure proper exercise resistance and protect Cables from damage and excess wear.

3. PEC-DECK ARM CABLE ASSEMBLY

PART NAME	QTY
61 4 1/2" PULLEY	1
62 3 1/2" PULLEY	2
70 5/16" X 3 1/4" HEX HEAD BOLT	2
72 5/16" NYLON LOCK NUT	2
80 3/8" FLAT WASHER	4
81 3/8" NYLON LOCK NUT	5
82 3/8" X 1 3/4" HEX HEAD BOLT	3
92 3/8" X 2 3/4" HEX HEAD BOLT	2

☐ *Begin by selecting the* 132" LONG PEC-DECK ARM CABLE (31) *and bolting the loop ends to the bottom side of the* PEC-DECK ARMS (17) *and* (18) *lever with a* 3/8" X 2 3/4" HEX HEAD BOLTS (92), 3/8" FLAT WASHERS (80), *and* 3/8" NYLON LOCK NUTS (81). *Make sure you trap the Cable between the Washer and the Arm so the Cable can not slip off.*

☐ *Attach the* PEC-DECK ARM CABLE (31) *into the bracket end of the* PEC-DECK WEIGHT STACK CABLE (29) *with a* 4 1/2" PULLEY (M) (61). *Fasten the bracket and Pulley together with a* 3/8" X 1 3/4" HEX HEAD BOLT (82) *and a* 3/8" NYLON LOCK NUT (81).

☐ *At the top of the* PEC-DECK STATION UPRIGHT (2) *there are brackets welded to each side. Bolt a* PULLEY PIVOT BRACKET (53) *into each of these welded brackets as illustrated with a* 5/16" X 3 1/4" HEX HEAD BOLT (70) *and* 5/16" NYLON LOCK NUTS (72).

☐ *Hook the* PEC-DECK ARM CABLE (31) *into a* 3 1/2" PULLEY (K) & (L) (62). *Position a* "L" CABLE TRAP BRACKET (54) *against the Pulley so it is positioned at the top and slightly back and bolt to the inside of the Pivot Bracket with a* 3/8" X 1 3/4" HEX HEAD BOLT (82) *and a* 3/8" NYLON LOCK NUT (81).

» IMPORTANT: *Check to see that the Cable Trap is rotated back so it does not rub against the Cable and that the Pulley turns freely. Tighten the Bolt tightly so that the Cable Trap Bracket can not pivot.*

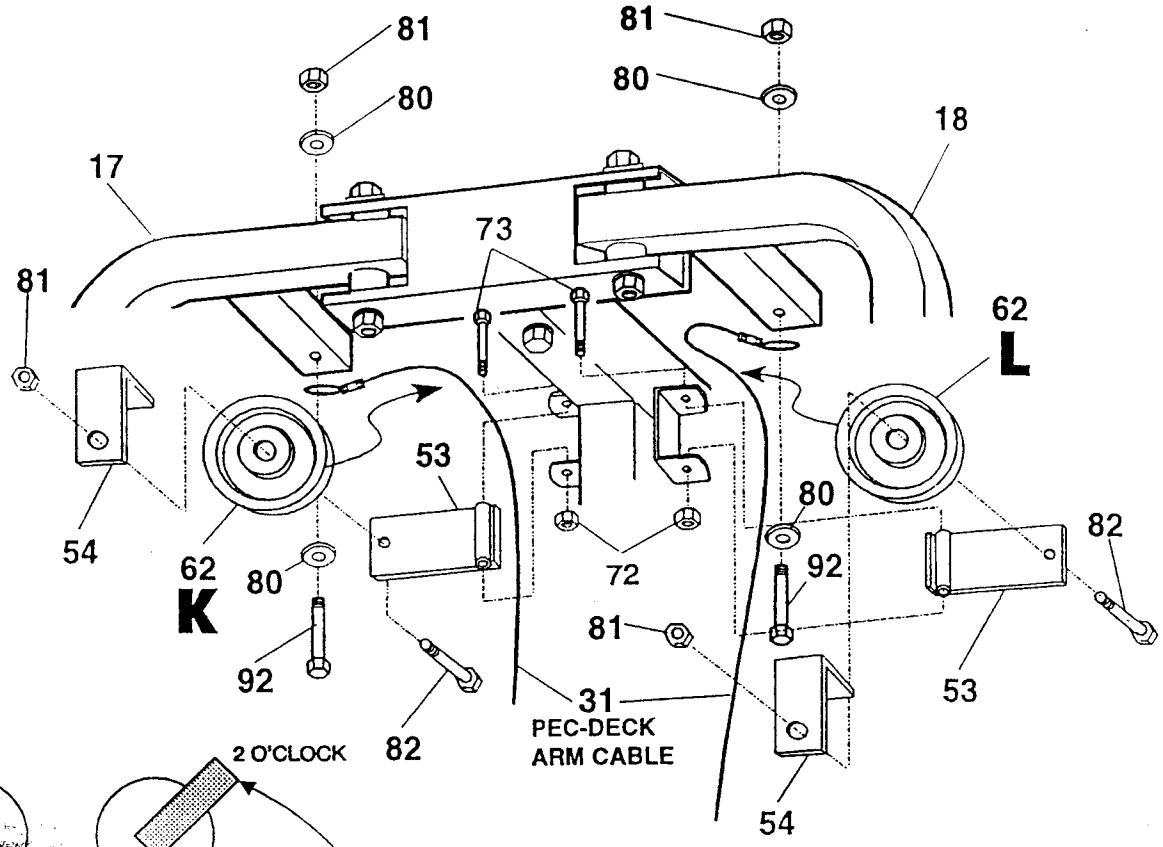
☐ *Repeat this assembly procedure to the bracket on the other side of the Frame.*

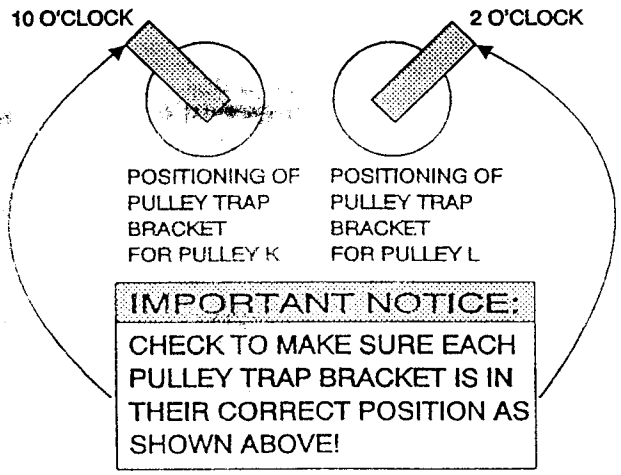
☐ *Next, go to the loop end of the* CABLE (31) *at the bottom of the* PEC-DECK UPRIGHT (2). *Assemble a* 4 1/2" PULLEY (M) (61) *onto the Cable loop and fasten into the two* OFFSET BEND PULLEY BRACKETS (52) *(one end previously assembled to the* PEC-DECK WEIGHT STACK CABLE (29). *Bolt this assembly in place using a* 3/8" X 1 3/4" HEX HEAD BOLT (82) *and a* 3/8" NYLON LOCK NUT (81).

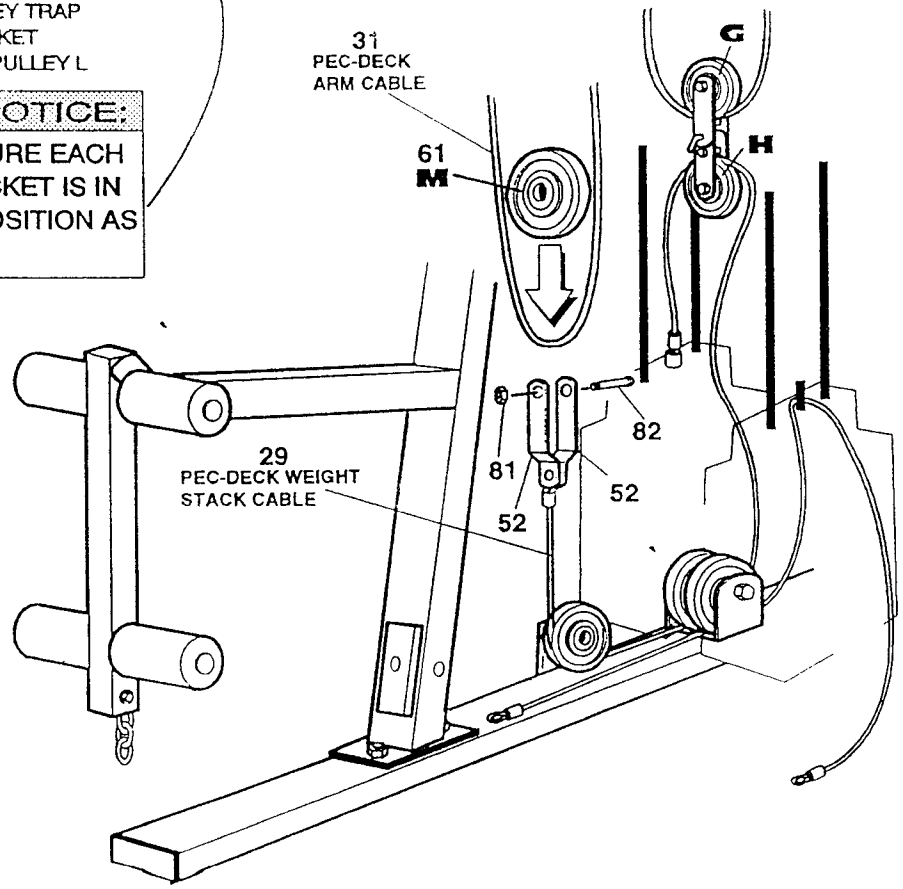
THE CABLE RUN FOR THE LAT PULL DOWN, LOWER PULLEY AT THE DIP STATION AND PEC-DECK STATION IS NOW COMPLETE.

☐ *The next step is to adjust out the slack in the Cable run. To do this, first insert a* WEIGHT SELECTOR PIN (130) *into the Weight stack. Go to the Cable end as it comes out the Low Pulley position at the Dip Station. Pull out on the Cable until it is in tension. While holding the Cable taught, push the rubber ball stopper firmly against the lower Pulley. Slide the* METAL ADJUSTER FERRULE (58) *against the stopper ball and tighten the set screw down tightly against the Cable.*

As the Gym is used the Cable will relax and stretch and this procedure will have to be repeated as slack occurs in the Cable run. It is important that excess slack always be adjusted out to insure proper exercise resistance and protect Cables from damage and excess wear.

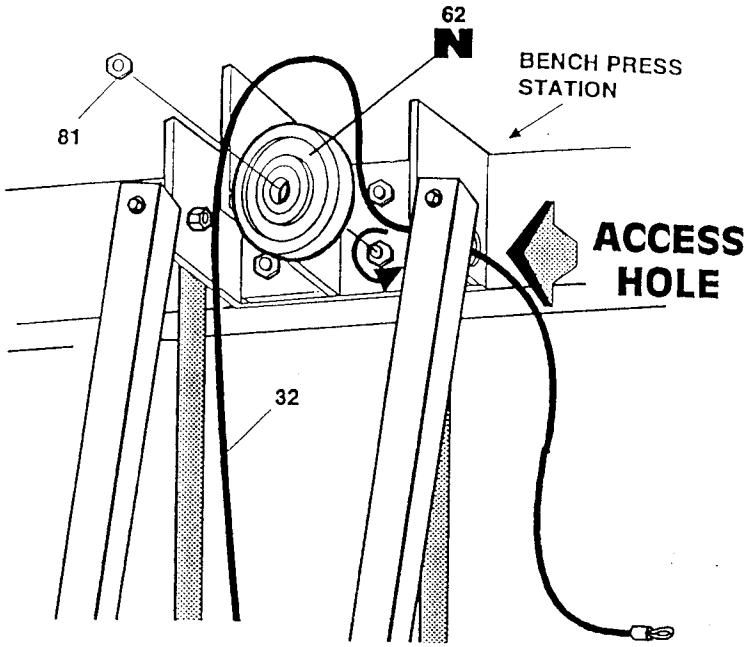

81
80
81
80
18
17
73
81
62
L
53
80
82
54
62
K
80
72
92
92
81
53
82
31
PEC-DECK
ARM CABLE
54


10 O'CLOCK
2 O'CLOCK
POSITIONING OF PULLEY TRAP BRACKET FOR PULLEY K
POSITIONING OF PULLEY TRAP BRACKET FOR PULLEY L
IMPORTANT NOTICE:
CHECK TO MAKE SURE EACH PULLEY TRAP BRACKET IS IN THEIR CORRECT POSITION AS SHOWN ABOVE!


31
PEC-DECK
ARM CABLE
G
61
M
H
82
29
PEC-DECK WEIGHT
STACK CABLE
81
52
52

4. BENCH PRESS / HACK SQUAT CABLE ASSEMBLY

PART NAME		QTY
58	METAL ADJUSTER FERRULE	1
62	3 1/2" PULLEY	6
67	1/4" NYLON LOCK NUT	1
68	1/4" X 1 3/4" ROUND HEAD MACHINE SCREW	1
80	3/8" FLAT WASHER	4
81	3/8" NYLON LOCK NUT	5
82	3/8" X 1 3/4" HEX HEAD BOLT	3
83	3/8" X 2 1/4" HEX HEAD BOLT	1
94	3/8" X 5" HEX HEAD BOLT	1
122	3/8" I.D. X 1 1/4" LONG METAL SPACER	1

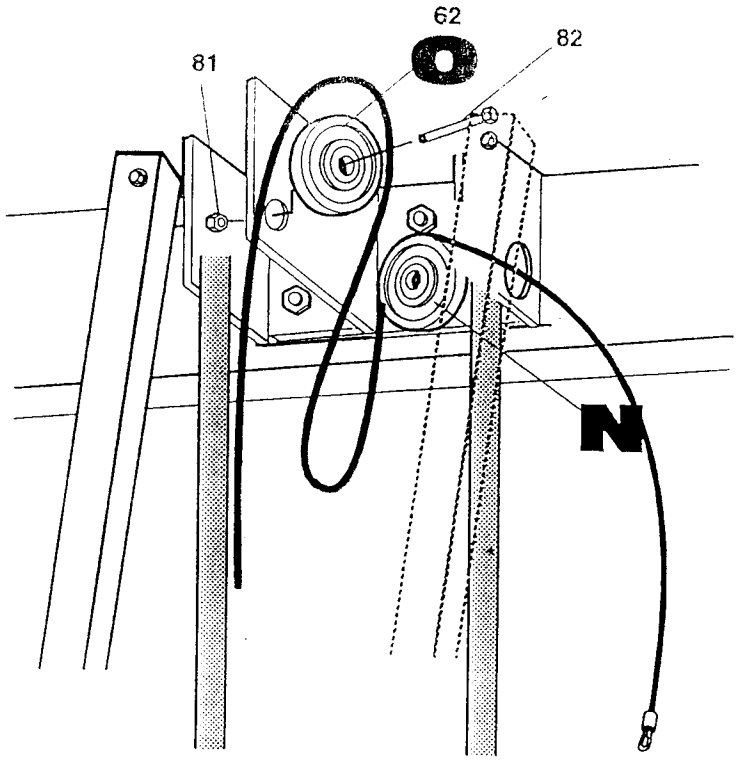


» NOTE: *When you first began the Cable assembly you bolted a Pulley inside the Top Frame and left the Bolt only finger tight. This is the location we will start the Bench Press Cable Assembly.*

☐ *Locate the* **217" LONG BENCH PRESS CABLE (32).** *(This Cable has a loop at one end and a straight Cable end at the other.)*

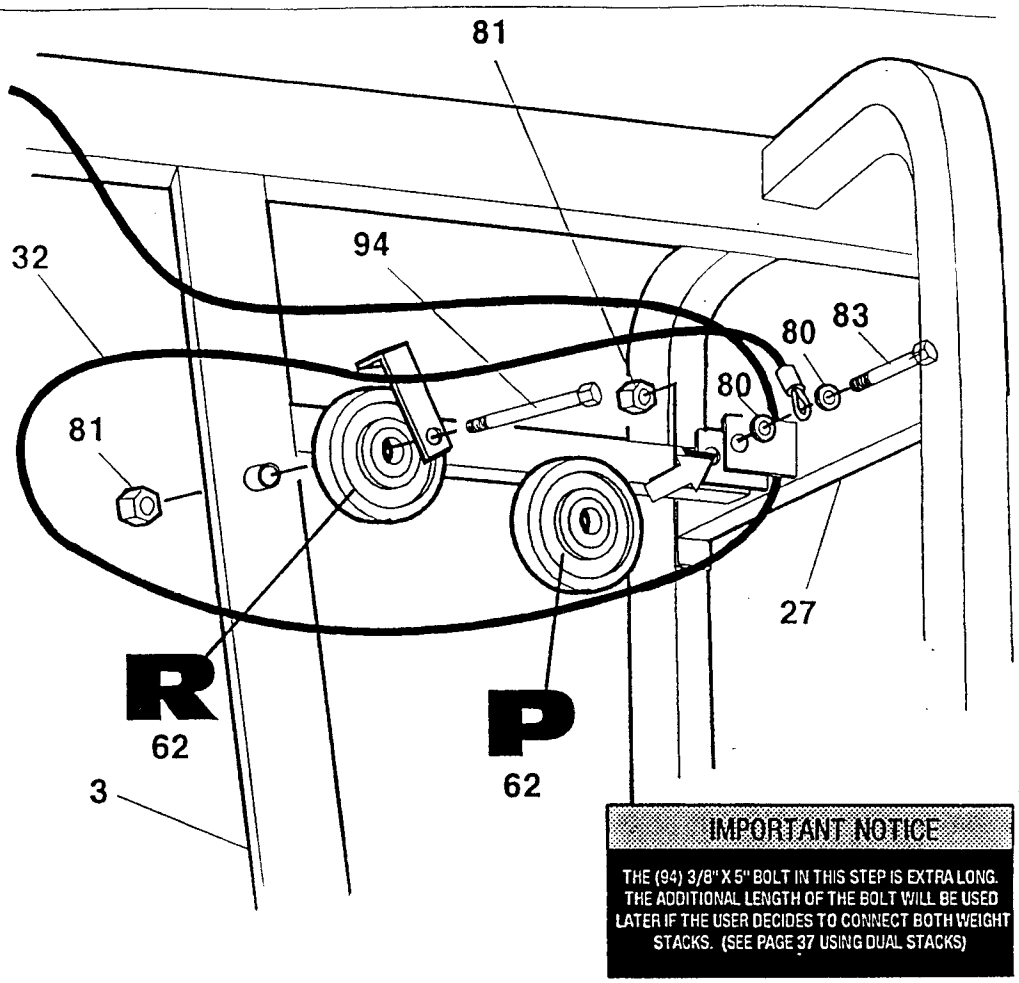
☐ *Orient the Cable so the loop end is toward the Bench Press Station and pass the straight end of the Cable through the access hole in the side of the Top Connector Bracket and down.*

☐ *Fit the Cable into a* **3 1/2" PULLEY (N) (62),** *remove the Nut on the Bolt that fastens the 3 1/2" Pulley within the Top Mast and assemble the Pulley up into the Connector Bracket and re-assemble the* **3/8" NYLON LOCK NUT (81).** *Fasten this assembly tightly at this time. This Pulley should trap the Cable between the Pulley and the Pulley Bracket.*



☐ *Loop the Cable down and bring a section back up and fit it into another* **3 1/2" PULLEY (O) (62).** *Bolt this Pulley to the inside of the* **SQUAT STATION TOP PULLEY BRACKET (55)** *with a* **3/8" X 1 3/4" HEX HEAD BOLT (82)** *and a* **3/8" NYLON LOCK NUT (81).**

☐ *Make a large loop in the Cable at the Bench Press Arm end. Place a* **3 1/2" PULLEY (P) (62)** *into the loop and bolt the Pulley within the "U" bracket welded to the back of the* **ARM PRESS CONNECTOR TUBE (27)** *using a* **3/8" X 2 1/4" HEX HEAD BOLT (83)** *to bolt through a* **3/8" FLAT WASHER (80),** *the loop end of the* **CABLE (32),** *another* **3/8" FLAT WASHER (80),** *and then through the "U" Bracket and the* **PULLEY (62).** *Secure with a* **3/8" NYLON LOCK NUT (81).**



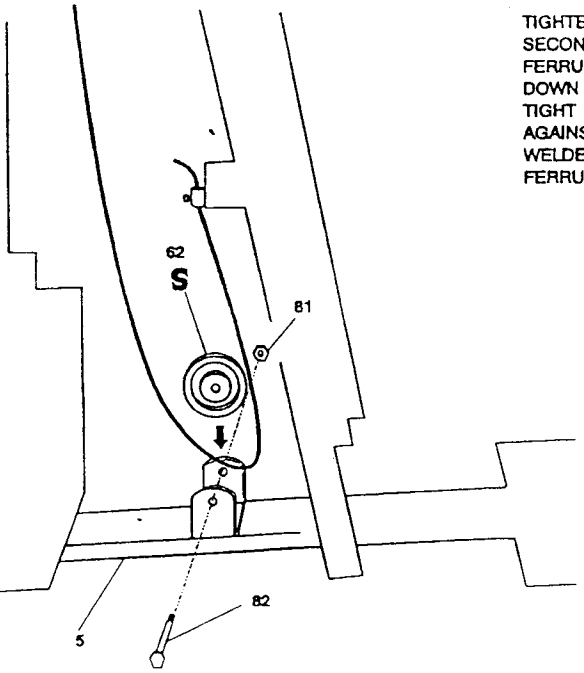
☐ *Bring the looped Cable back and fit another* **3 1/2" PULLEY (R) (62)** *onto the Cable. Align a* **"L" CABLE TRAP BRACKET (54)** *against the Pulley to trap the Cable in place and bolt this assembly through the sleeve welded through the* **ARM PRESS UPRIGHT (3).** *Use a* **3/8" X 5" HEX HEAD BOLT (94)** *and a* **3/8" NYLON LOCK NUT (81).**

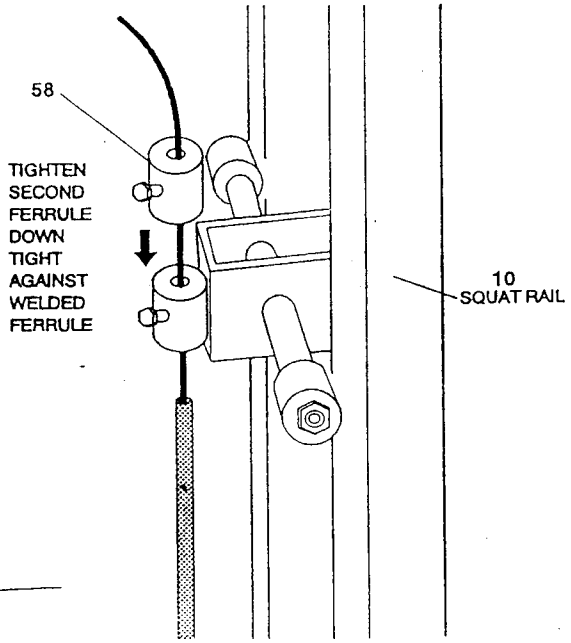
» **NOTE:** *This Cable assembly should form a circular loop between the Upright and the Arm Press Arms.*

IMPORTANT NOTICE

THE (94) 3/8" X 5" BOLT IN THIS STEP IS EXTRA LONG. THE ADDITIONAL LENGTH OF THE BOLT WILL BE USED LATER IF THE USER DECIDES TO CONNECT BOTH WEIGHT STACKS. (SEE PAGE 37 USING DUAL STACKS)

☐ *Moving to the* **FRAME BASE (1)** *of the* **HACK SQUAT STATION (5),** *fit the straight end of the Cable into the "U" Pulley bracket welded to the Base. The Cable should run out towards the end of the Base.*





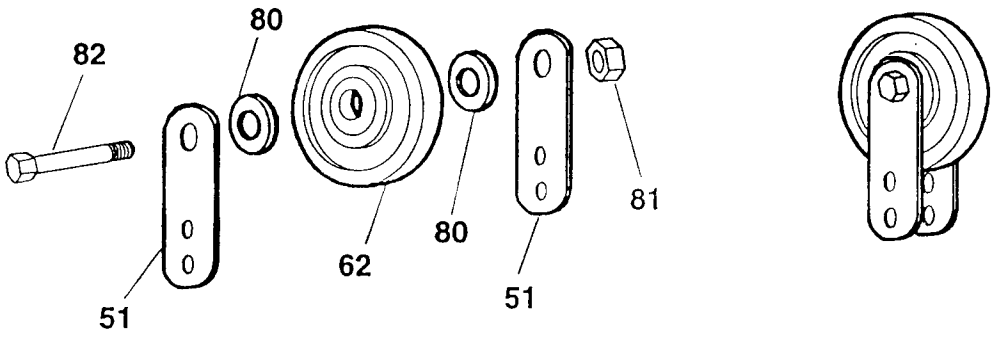
☐ *Fit a* **3 1/2" PULLEY (S) (62)** *into the bracket and over the Cable and bolt in place with a* **3/8" X 1 3/4" HEX HEAD BOLT (82)** *and a* **3/8" NYLON LOCK NUT (81).**

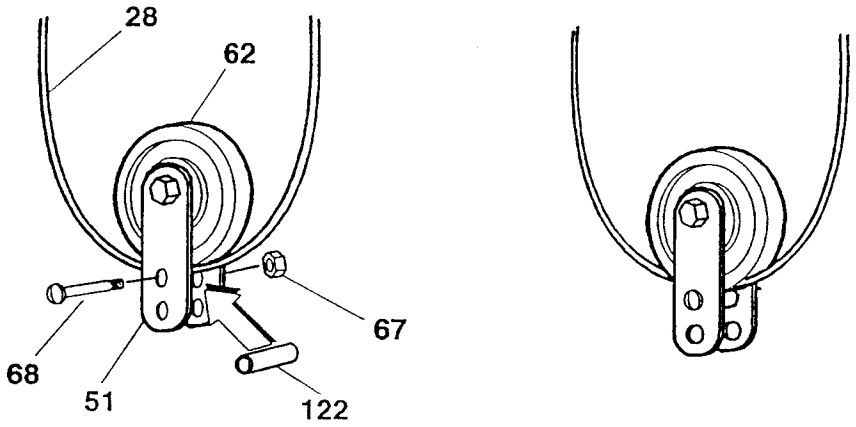
☐ *Now bring the Cable end up and insert it up through the Cable adjuster ferrule welded to the back of the* **HACK SQUAT FRAME (5).** *Lightly tighten the set screw against the Cable enough to keep it in place.*

☐ *Now bring the Cable end up and insert it up through the Cable adjuster ferrule welded to the back of the* HACK SQUAT FRAME (5). *Lightly tighten the set screw against the Cable enough to keep it in place.*

☐ *At this time, make another dual Cable connector assembly by bolting a* 3 1/2" PULLEY (T) (62) *and two* 3/8" FLAT WASHERS (80) *between two* DUAL PULLEY CONNECTOR BRACKETS (51) *with a* 3/8" X 1 3/4" HEX HEAD BOLT (82) *and a* 3/8" NYLON LOCK NUT (81).

☐ *Connect the bottom of this assembly together by aligning a* 3/8" I.D. X 1 1/4" LONG METAL SPACER (122) *between the middle holes of the Brackets and bolting in place with a* 1/4" X 1 3/4" ROUND HEAD SCREW (68) *and* 1/4" NYLON LOCK NUT (67).

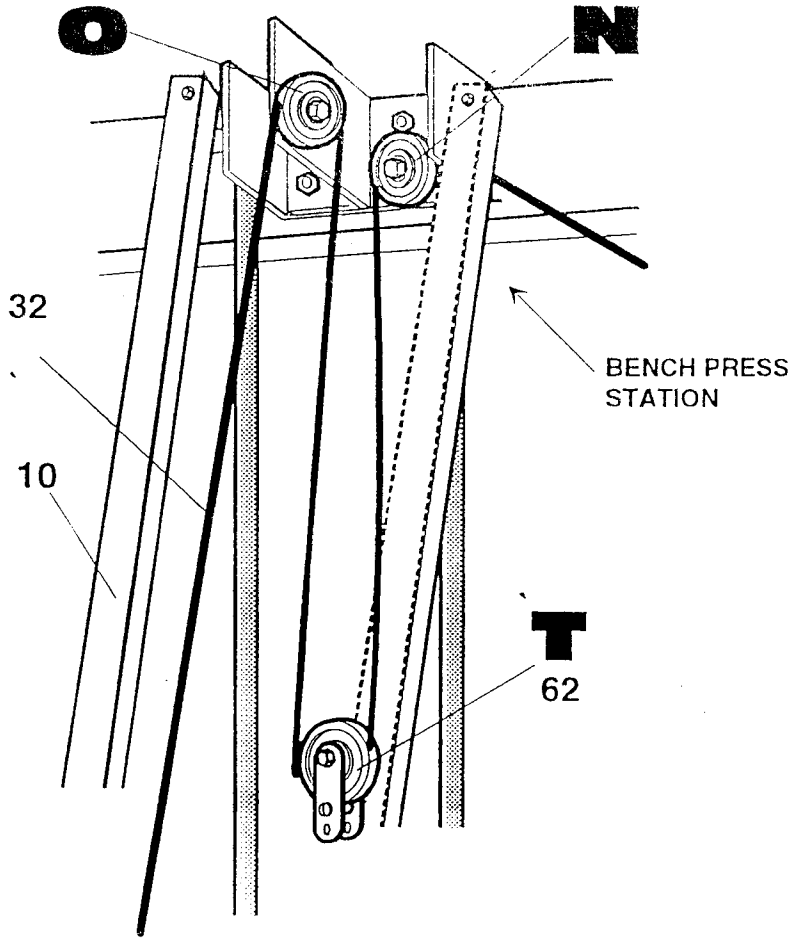




The object now is to adjust the Bench Press Cable (32) so that the dual Pulley assembly is at the same height as the dual Pulley assembly of the Pec-Deck assembly.

To do this, hold the Pulley assembly at the same height as the Pec-Deck Pulley. Loosen the set screw clamping the Cable in the Ferrule on the Squat Frame and pull the slack out of the Cable until the Cable is taught and the Pulley is fixed at the height of the Pec-Deck Pulley.

Tighten the set screw against the Cable to keep it set in place. Fit an additional ADJUSTER FERRULE (58) onto the Cable end and down atop the other Ferrule.



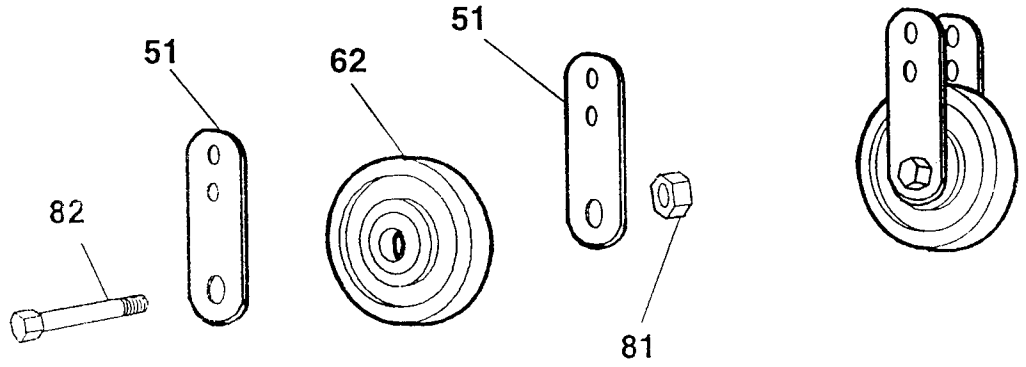
5. LEG EXTENSION CABLE ASSEMBLY

PART NAME	QTY
59 3/8" SPRING CLIP	3
61 4 1/2" PULLEY	1
62 3 1/2" PULLEY	1
67 1/4" NYLON LOCK NUT	1
68 1/4" X 1 3/4" ROUND HEAD SCREW	1
71 5/16" FLAT WASHER	2
72 5/16" NYLON LOCK NUT	2
77 5/16" X 1" HEX HEAD BOLT	1
80 3/8" FLAT WASHER	3
81 3/8" NYLON LOCK NUT	3
82 3/8" X 1 3/4" HEX HEAD BOLT	1
92 3/8" X 2 3/4" HEX HEAD BOLT	1
95 3/8" X 1" HEX HEAD BOLT	1
109 5/16" X 1 1/2" HEX HEAD BOLT	1
120 3/8" I.D. X 1/2" LONG METAL SPACER	2
123 3/8" I.D. X 1" METAL SPACER	1
131 3/8" X 3" LONG "L" PIN	2

☐ *Returning back to the* 100" LEG EXTENSION (30) *that is assembled to the Base Frame, bring the loop end of the Cable up and insert it into the* WEIGHT SELECTOR TUBE (9) *in the Squat Station stack.*

☐ *Bolt the Cable into the Selector Tube with a* 5/16" X 1 1/2" HEX HEAD BOLT (109) *and* 5/16" NYLON LOCK NUT (72).

☐ *Make a final dual Pulley connector bracket assembly by bolting another* 3 1/2" PULLEY (U) (62) *between two* DUAL PULLEY CONNECTOR BRACKETS (51) *with a* 3/8" X 1 3/4" HEX HEAD BOLT (82) *and a* 3/8" NYLON LOCK NUT (81).



☐ *Hook this assembly under the Leg Extension Cable and close off the other end by bolting a* 3/8" X 1" METAL SPACER (123) *between the plates with a* 1/4" X 1 3/4" ROUND HEAD SCREW (68) *and a* 1/4" NYLON LOCK NUT (67). *(Refer to next drawing on following page for connection to Cable.)*

☐ *Connect the Dual Brackets together by pinning through the Brackets with a* 3/8" X 3" LONG "L" PIN (131) *and securing with a* 3/8" SPRING CLIP (59).

☐ *Bring the other end of the Cable forward and insert it through the opening in the Base of the* PEC-DECK UPRIGHT (2).

☐ *Fit a* 4 1/2" PULLEY (V) (61) *atop the Cable and into the Base of the Upright.*

☐ *Put a* 3/8" FLAT WASHER (80) *and a* 3/8" I.D. X 1/2" LONG METAL SPACER (120) *onto a* 3/8" X 2 3/4" HEX HEAD BOLT (92) *and bolt through the Frame and the Pulley. Assemble another* 1/2" LONG SPACER (120) *and a* 3/8" FLAT WASHER (80) *onto the Bolt and fasten with a* 3/8" NYLON LOCK NUT (81).

☐ *Pull the Cable forward to the Leg Extension and bolt the loop of the Cable end into whichever link in the Adjuster Chain provides the proper Cable tension.*

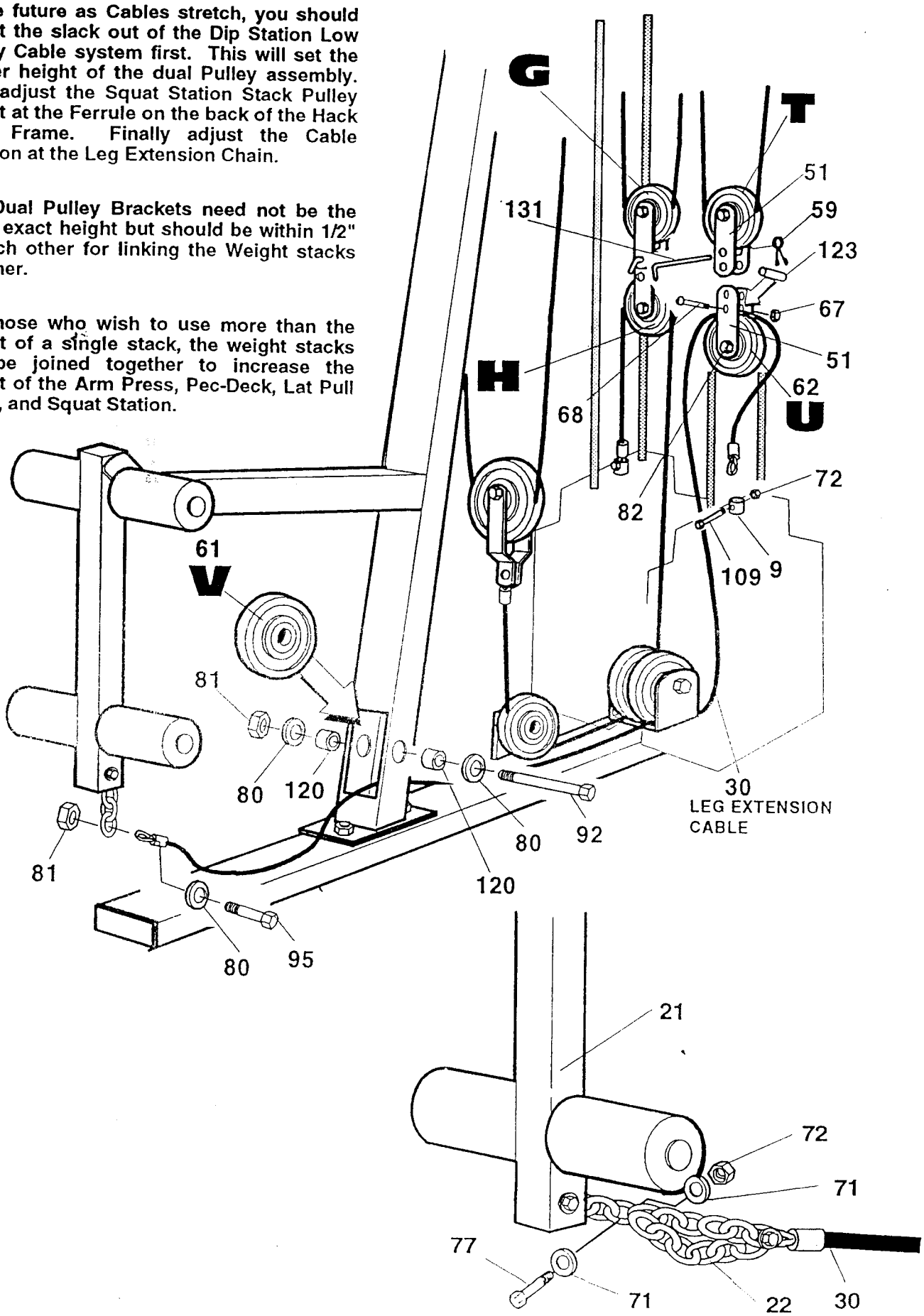
☐ *Bolt the Cable to the adjustment chain with a* 3/8" X 1" HEX HEAD BOLT (95), 3/8" FLAT WASHER (80), *and a* 3/8" NYLON LOCK NUT (81).

☐ *Bring the loose end of the Cable forward and bolt it into the length of chain with a* 5/16" X 1" HEX HEAD BOLT (77), 5/16" FLAT WASHERS (71), *and a* 5/16" NYLON LOCK NUT (72).

In the future as Cables stretch, you should adjust the slack out of the Dip Station Low Pulley Cable system first. This will set the proper height of the dual Pulley assembly. Next adjust the Squat Station Stack Pulley height at the Ferrule on the back of the Hack Slide Frame. Finally adjust the Cable position at the Leg Extension Chain.

The Dual Pulley Brackets need not be the same exact height but should be within 1/2" of each other for linking the Weight stacks together.

For those who wish to use more than the weight of a single stack, the weight stacks can be joined together to increase the weight of the Arm Press, Pec-Deck, Lat Pull Down, and Squat Station.



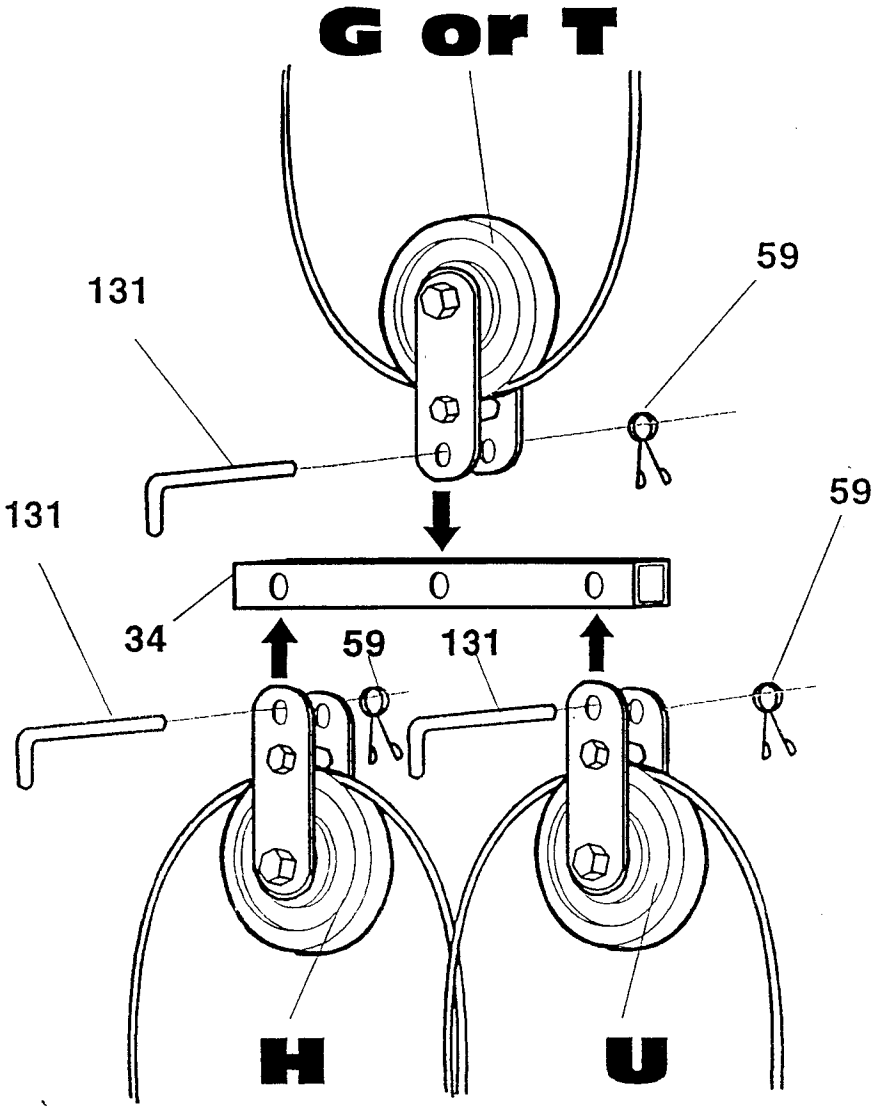
USING DUAL STACKS:

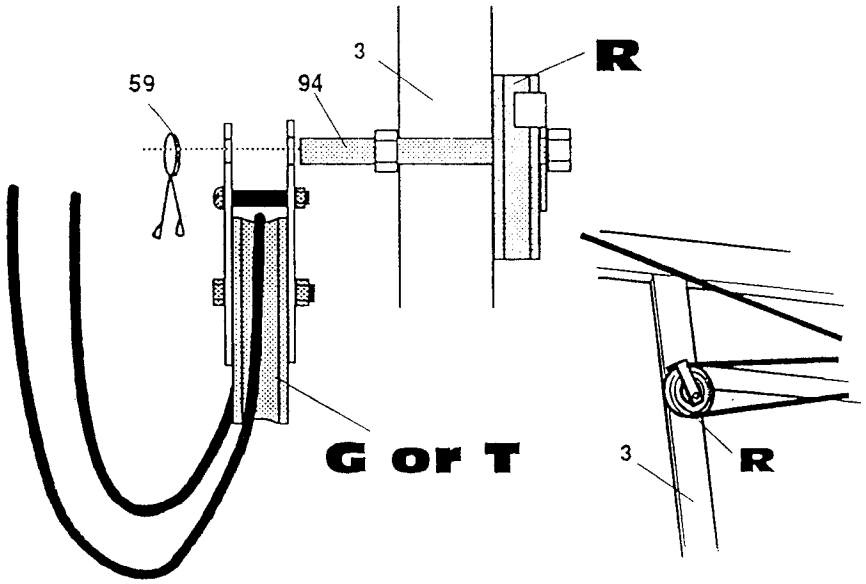
As mentioned previously, this gym has a special feature of allowing you to link both Weight stacks together to increase weight for the Arm Press, Lat Pull Down, Squat, and Low Pulley Stations.

Connecting Pulleys "H" & "U" to Pulley "G" will link the weight stacks for use with the Lat Pull Down and Low Pulley.

Connect "H" & "U" to Pulley "T" to double the weight for the Arm Press and Squat Stations.

- ☐ *To Double up stacks, disconnect double Pulley systems by removing the* "L" PINS (131) *through the Brackets. Secure with* SPRING CLIPS (59).
- ☐ *Pin Pulleys "H" & "U" into each end of the* LINKING BAR (34), *then connect either Pulley "g" or "t" to the center hole in the Linking Bar. Secure with a Spring Clip.*
- ☐ *Hook the Pulley not being used over the protruding bolt end of the* 3/8" X 5" HEX HEAD BOLT (94) *located at the top of the* ARM PRESS UPRIGHT (3). *Secure with a* 3/8" SPRING CLIP (59).





STEP 11 COMPLETING DIP STATION

PART NAME	QTY
66 1/4" FLAT WASHER	6
71 5/16" FLAT WASHER	4
72 5/16" NYLON LOCK NUT	4
74 5/16" X 2 1/4" HEX HEAD BOLT	2
76 5/16" X 2 3/4" HEX HEAD BOLT	2
98 1/4" X 2 1/2" ROUND HEAD SCREW	2
99 1/4" X 2 1/4" ROUND HEAD SCREW	4
105 1" ROUND PLASTIC INSERT CAP	2
106 1 3/4" SQUARE PLASTIC INSERT CAP	2
124 5/16" I.D. X 7/16" LONG SPACER	2

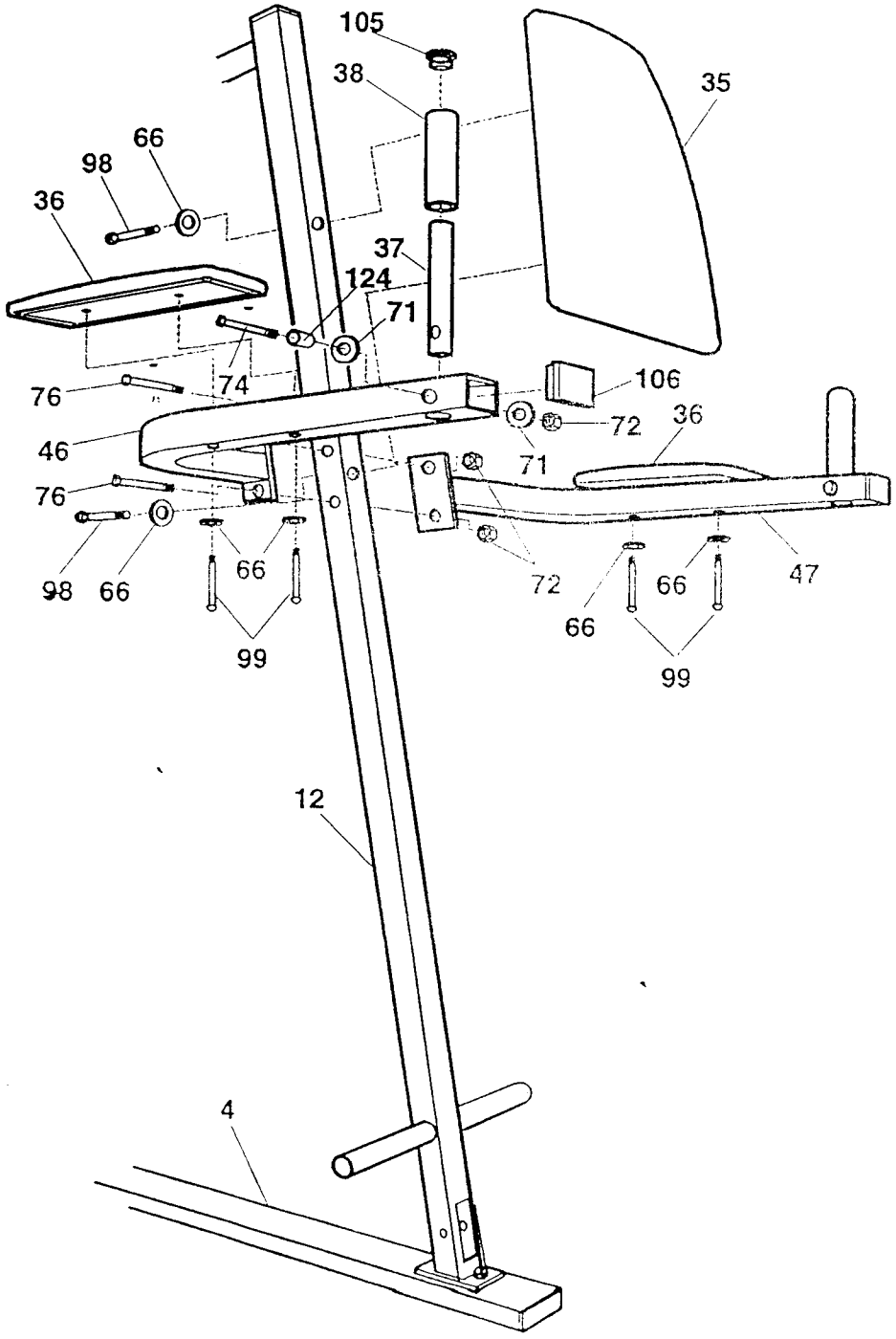
☐ *Attach a* FOREARM PAD (36) *to each of the Dipping Arms with* 1/4" X 2 1/4" ROUND HEAD SCREWS (99) *and* 1/4" FLAT WASHERS (66).

☐ *Bolt a* DIP HANDLE (37) *into the forward ends of the Dipping Arms. Place a* 5/16" FLAT WASHER (71) *and a* 5/16" I.D. X 7/16" LONG SPACER (124) *onto a* 5/16" X 2 1/4" HEX HEAD BOLT (74) *and bolt through the Dip Handle assembly. Secure with another* 5/16" FLAT WASHER (71) *and a* 5/16" NYLON LOCK NUT (72).

☐ *Press a* 1" ROUND PLASTIC INSERT CAP (105) *into the top end of the Dip Handles and slide a* 1" I.D. X 5" FOAM GRIP (38) *on each Handle.*

☐ *Attach the* DIPPING ARMS - RIGHT (46) *and* LEFT (47) *to the* DIP STATION UPRIGHT (12) *using* 5/16" X 2 3/4" HEX HEAD BOLTS (76) *and* 5/16" NYLON LOCK NUTS (72). *Cap the ends with* 1 3/4" SQUARE PLASTIC INSERT CAPS (106).

☐ *Fasten the* DIP STATION BACK PAD (35) *to the* UPRIGHT (12) *by bolting through from the Frame into the Pad with* 1/4" X 2 1/2" ROUND HEAD SCREWS (98) *and* 1/4" FLAT WASHERS (66).

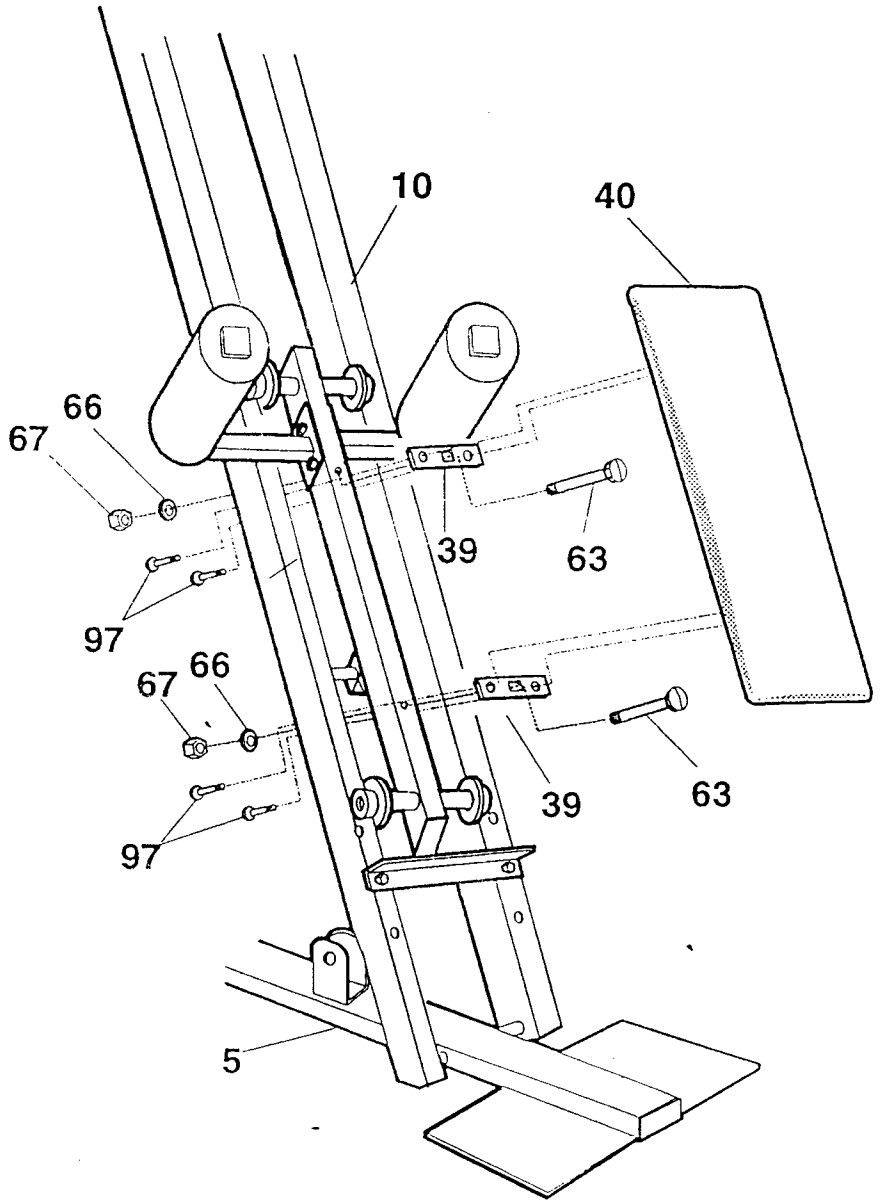


STEP 12 SQUAT STATION COMPLETION

PART NAME	QTY
63 1/4" X 3 1/2" CARRIAGE BOLT	2
66 1/4" FLAT WASHER	2
67 1/4" NYLON LOCK NUT	2
97 1/4" X 3/4" ROUND HEAD SCREW	4

☐ *Select two* SEAT MOUNTING BRACKETS (39) *and bolt through the Brackets and* HACK SQUAT FRAME (43) *with* 1/4" X 3 1/2" CARRIAGE BOLTS (63) *and fasten with* 1/4" FLAT WASHERS (66) *and* 1/4" NYLON LOCK NUTS (67).

☐ *Attach the* HACK SQUAT BACKREST (40) *to the Backrest Brackets with* 1/4" X 3/4" ROUND HEAD SCREWS (97).



STEP 13 ARM PRESS STATION COMPLETION

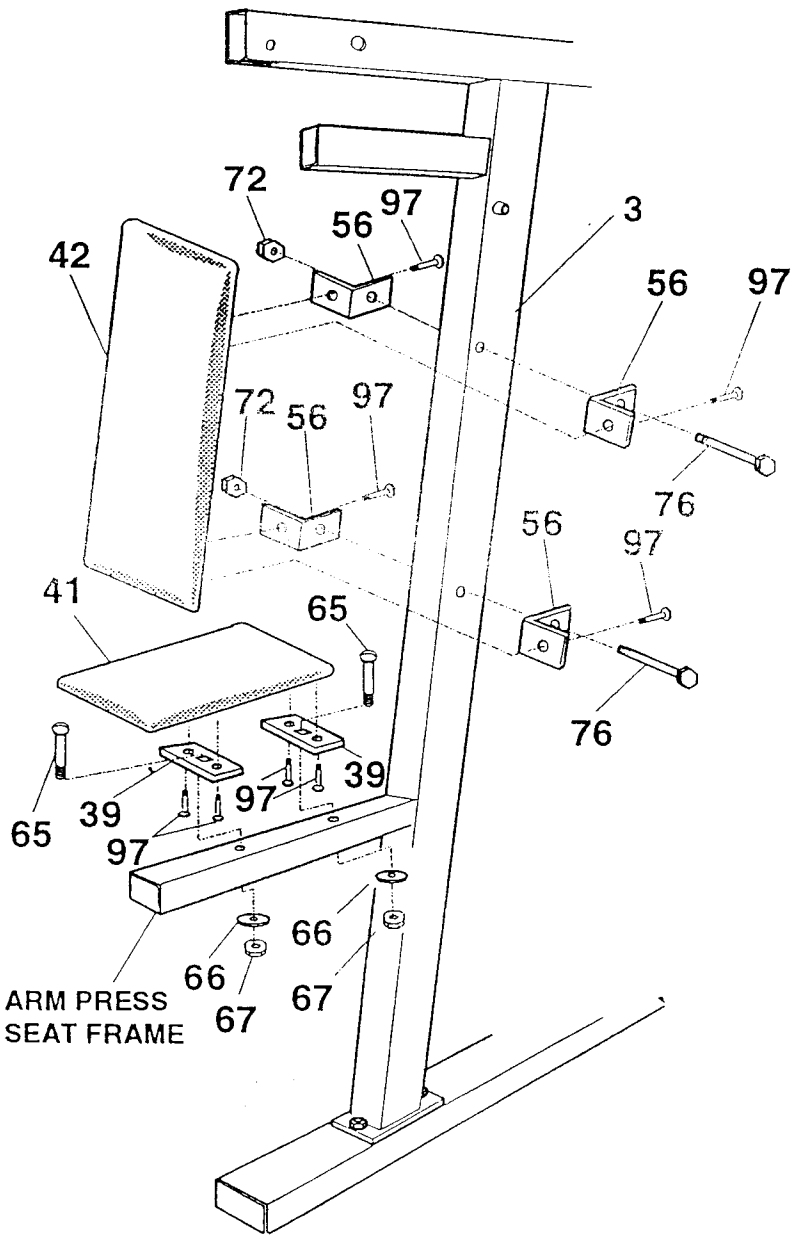
PART NAME	QTY
65 1/4" X 2 1/2" CARRIAGE BOLT	2
66 1/4" FLAT WASHER	2
67 1/4" NYLON LOCK NUT	2
72 5/16" NYLON LOCK NUT	2
76 5/16" X 2 3/4" HEX HEAD BOLT	2
97 1/4" X 3/4" ROUND HEAD SCREW	8

☐ *Fasten* SEAT MOUNTING BRACKETS (39) *to the Seat Frame with* 1/4" X 2 1/2" CARRIAGE BOLTS (65), 1/4" FLAT WASHERS (66), *and* 1/4" NYLON LOCK NUTS (67).

☐ *Attach the* SMALL SEAT - ARM PRESS (41) *(wide end of Seat to the front) in place with* 1/4" X 3/4" ROUND HEAD SCREWS (97).

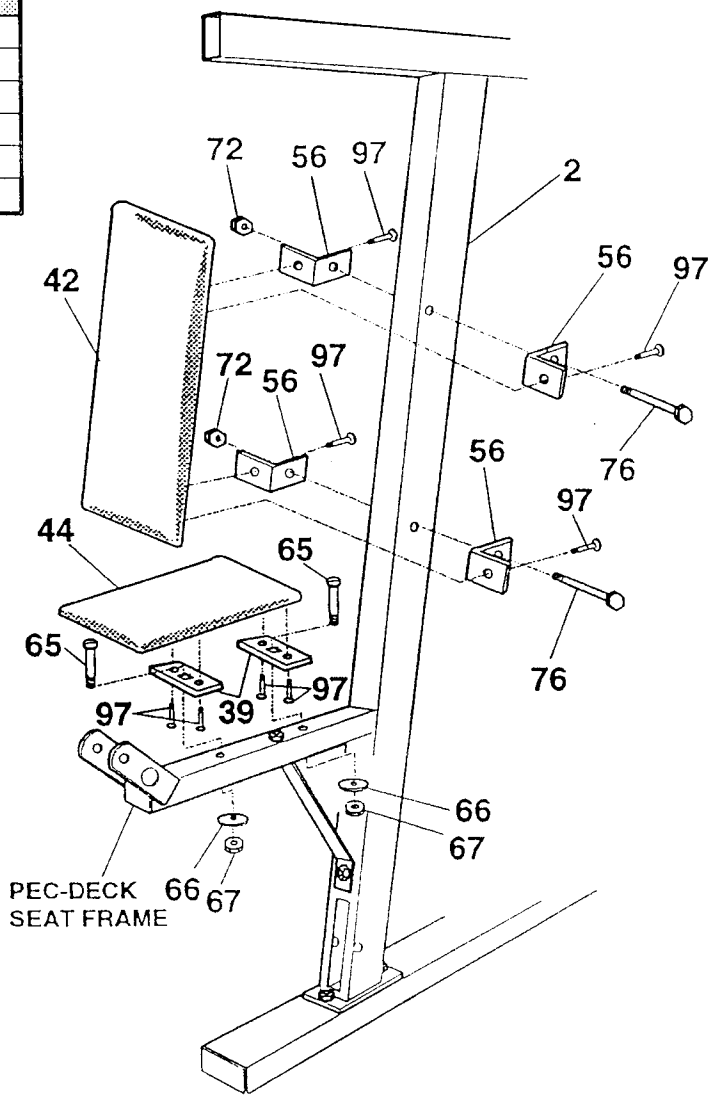
☐ *Attach the* BACKREST MOUNTING "L" BRACKETS (56) *to the* ARM PRESS FRAME UPRIGHT (3) *with* 5/16" X 2 3/4" HEX HEAD BOLTS (76) *and* 5/16" NYLON LOCK NUTS (72).

☐ *Assemble a* ARM PRESS BACKREST (42) *to the* ARM PRESS FRAME UPRIGHT (3) *using* 1/4" X 3/4" ROUND HEAD SCREWS (97).



STEP 14 PEC-DECK STATION COMPLETION

PART NAME	QTY
65 1/4" X 2 1/2" CARRIAGE BOLT	2
66 1/4" FLAT WASHER	2
67 1/4" NYLON LOCK NUT	2
72 5/16" NYLON LOCK NUT	2
76 5/16" X 2 3/4" HEX HEAD BOLT	2
97 1/4" X 3/4" ROUND HEAD SCREW	8



☐ *First attach* SEAT MOUNTING BRACKETS (39) *to the* PEC-DECK SEAT FRAME *with* 1/4" X 2 1/2" HEX HEAD BOLTS (65) *and* 1/4" FLAT WASHERS (66). *Secure with* 1/4" NYLON LOCK NUTS (67).

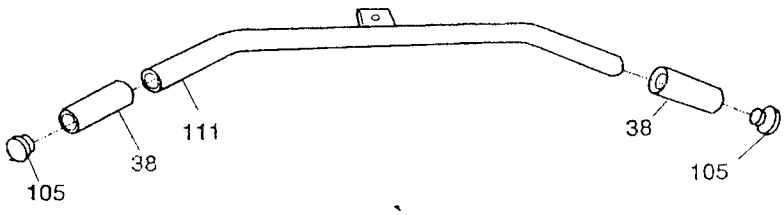
☐ *Attach the* LARGE SEAT (44) *(wide end of the seat to the front) to the Mounting Brackets with* 1/4" X 3/4" ROUND HEAD SCREWS (97).

☐ *Fasten two more sets of* BACKREST MOUNTING "L" BRACKETS (56) *to the* PEC-DECK UPRIGHT (2) *with* 5/16" X 2 3/4" HEX HEAD BOLT (76) *and* 5/16" NYLON LOCK NUTS (72).

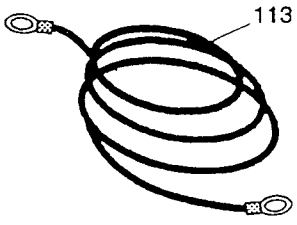
☐ *Bolt the* BACKREST (42) *to the* PEC-DECK FRAME UPRIGHT (2) *with* 1/4" X 3/4" ROUND HEAD SCREWS (97).

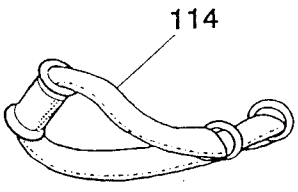
STEP 15 ACCESSORIES

PART NAME	QTY
105 1" ROUND PLASTIC INSERT CAP	2

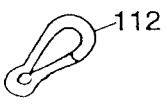


☐ *Press a* 1" ROUND PLASTIC INSERT CAP (105) *into the end of the* LAT BAR (111). *Slide a* 1" I.D. X 5" FOAM GRIPS (38) *onto each end.*





☐ *The Lat Bar can be connected to the Cable using a* LATCH HOOK (112) *when using the Lat Bar for exercises at the Low Pulley Station. You may need to also use the* ACCESSORY ROPE (113) *at full length or doubled over.*



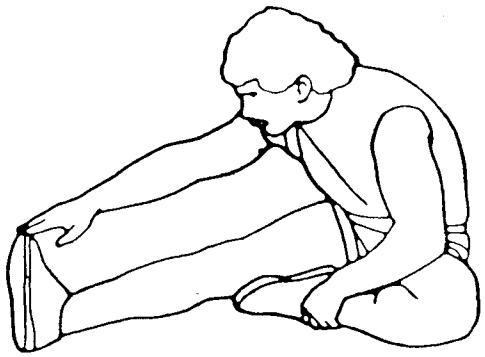
☐ *The* ANKLE STRAP/DUMBBELL HANDLE (114) *can be used for both Dumbbell exercises and leg exercises. This accessory is also used in conjunction with the Accessory Rope to adjust length to perform various exercises.*

EXERCISE FREQUENCY

To maintain or improve your condition, you must workout 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise, the number of workouts can be increased to 4-5 times per week. The key to a successful program is REGULAR exercise.

SUGGESTED STRETCHES

The following stretches provide a good warm-up, or cool-down. Move slowly as you stretch - never bounce.



HAM STRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you, resting it against the extended leg's inner thigh. Stretch toward your toe as far as possible, hold for 15 counts, then relax. Repeat three times for both legs.

Stretches: Hamstrings, Lower Back and Groin

INNER THIGH STRETCH

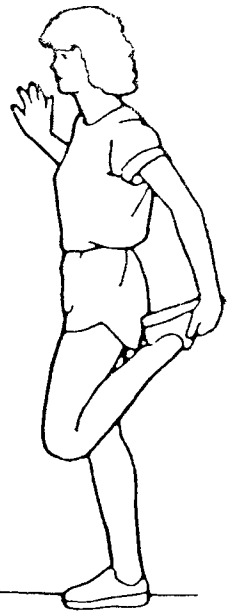
Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Hold for 15 counts, then relax. Repeat three times.

Stretches: Quadriceps, Hip Muscles

TOE TOUCHES

Standing with your knees bent slightly, slowly bend forward from the hips. Allow your back and shoulders to relax as you stretch down toward your toes. Go as far as you can and hold for 15 counts, then relax. Repeat three times.

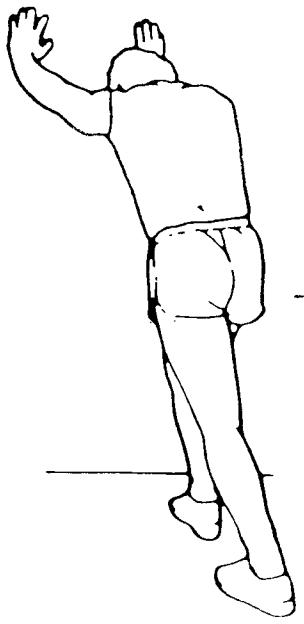
Stretches: Hamstrings, Back of Knees, Back



QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull up your foot. Bring you heel as close to your buttocks as possible. Hold for 15 counts. Repeat.

Stretches: Quadriceps, Hip Muscles



CALF/ACHILLES STRETCH

With one leg in front of the other and arms out, lean against the wall. Keep your back leg straight and back foot flat on the ground; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side. To cause even further stretching of the Achilles tendons, slightly bend back leg as well.

Stretches: Calves, Achilles Tendons, and Ankles

LIMITED WARRANTY

Weider Health and Fitness, a California corporation warrants this item of equipment to be free from defects in material and/or workmanship for a period of **ONE YEAR** from the date of the original purchase (retail, mail order or otherwise) for use. Weider also warrants the frame of this item of equipment to be free from defects in material or workmanship for a period of **FIVE YEARS** from the date of original purchase.

In the event of a defect in material or workmanship during the warranty period, Weider will repair or replace (at its option) the Equipment (or frame) under the conditions of this Warranty. Weider will do so at its expense for the cost of labor and materials but not for mailing except as noted.

LIMITATIONS, EXCLUSIONS AND OTHER RIGHTS:

Weider disclaims liability for any and all implied warranties except as set forth to the contrary herein. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

Weider disclaims liability for indirect, incidental or consequential damages. This disclaimer applies during and after the warranty period. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

Weider is not responsible for damage to the Equipment caused by accident, theft, misuse, abuse, abnormal use or conditions, neglect or modifications.

This Warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

CLAIM PROCEDURE

If you discover a defect or malfunction during the period to which this Warranty applies, you must follow this procedure:

Write to: Parts Service Weider Sporting Goods 900 West St. John Street Olney, Illinois 62450

In your letter state your full name and address; the reason why you believe there is a defect or malfunction subject to this warranty; and the date and conditions under which the defect or malfunction occurred.

Include in your letter a copy of the sales receipt or other proof of date of purchase of the Equipment, if you have not sent in a warranty card. Upon receipt of your letter, Weider will make a preliminary determination of its responsibility to repair or replace under this Warranty.

PARTS SERVICE 1-800-225-0653

If Weider denies responsibility it will explain its decision in writing. If Weider accepts responsibility to repair or replace the item or part under the warranty it will notify you in writing to bring or ship the Equipment to a designated Weider facility or an authorized service station for repairs (returning or shipping will be at your expense).

If Warranty repair or replacement is made at a Weider facility, the Equipment will be returned to you at Weider's expense. If Warranty repair or replacement is made at a service station, arrangements for the return of the Equipment must be made directly with the service station and are made at your expense.